



MEALS ON WHEELS



MEALS ON WHEELS DIABLO REGION

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FOR IMMEDIATE RELEASE

## MEALS ON WHEELS DIABLO REGION JOINS IN #SAVELUNCH MOVEMENT WITH COMMUNITIES NATIONWIDE THIS MARCH

*SUPPORT WILL HELP TO FIGHT SENIOR HUNGER AND ISOLATION IN CONTRA COSTA COUNTY*

**WALNUT CREEK, CA (03/01)** – Meals on Wheels Diablo Region announced today that it will be participating in #SaveLunch – a nationwide campaign led by Meals on Wheels America designed to rally communities around our senior neighbors and protect the essential services that enable so many to remain healthy and independent at home. MOW Diablo Region’s participation will include activities throughout the month of March in honor of the Older Americans Act Nutrition Program anniversary, including ride alongs with local elected officials to delivery vital meals to our homebound senior neighbors.

“Last year, MOW Diablo Region delivered over 700,000 meals! That is 100% increase since before the pandemic and we are on track to deliver even more this year,” said Sherry Nadworny, MOW Diablo Region Director of Development & Community Relations. “This is an important time for our elected officials to see the impact of our work as federal Covid-stimulus funding will end in September. MOW Diablo Region is committed to keeping our seniors nourished and more connected to our community through this challenging time and beyond.”

National #SaveLunch efforts in March will commemorate the historic day in March of 1972 when the Older Americans Act was amended to include a nutrition program for Americans 60 years and older. More than 50 years later, 12 million older Americans are still threatened by or experience hunger, and one in three seniors feels lonely. That is why Meals on Wheels programs from across the country are joining forces to raise awareness and support to ensure we can continue to address food insecurity and malnutrition, combat social isolation, enable independence and improve health for decades to come.

“Now is an important time for us to unite to ensure that Meals on Wheels is there for all of our senior neighbors in need,” said Ellie Hollander, President and CEO of Meals on Wheels America. “In the face of soaring demand and costs that surpass our current resources, we need to come together as communities to bridge the gaps. I encourage you to participate by donating, volunteering, or speaking out for seniors throughout March to play your part. We can’t do it alone – it takes all of us to save lunch for our seniors.”

For more information on how you can volunteer, contribute, or speak out for the seniors in Contra Costa County this March, visit [mowdiableregion.org](http://mowdiableregion.org).

### **About Meals on Wheels Diablo Region:**

For more than 50 years, Meals on Wheels Diablo Region has improved the lives of vulnerable seniors in Contra Costa County by delivering nutritious meals and supportive services that allow seniors to remain in their homes safely and with dignity. Programs include home-delivered meals, Breakfast Bags, Grocery Bags, Fall Prevention, Cafés, Care Management, Friendly Visitors, Health and Wellness, and more.

**About Meals on Wheels America**

Meals on Wheels America is the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior hunger and isolation. Powered by a trusted volunteer workforce, this network delivers a comprehensive solution that begins with a meal and is proven to enable independence and well-being through the additional benefits of tailored nutrition, social connection, safety and much more. By providing funding, programming, education, research and advocacy, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.