

Meals on Wheels of the Monterey Peninsula
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Background

Meals on Wheels of the Monterey Peninsula serves frail, elderly, and disabled residents throughout the City of Seaside. The agency is the only organization on the Monterey Peninsula to deliver 2.5 Home Delivered Meals daily, five days a week, to homebound adults in the City of Seaside who cannot shop or cook for themselves and have no regular adult caregiver in the home. As of this proposal date, 87% of Seaside clients served by the Home Delivered Meals program are low income. Of those clients, 95% are living at or below the Federal Poverty Level. Home delivered meals ensures that all participating Monterey residents have adequate healthy nutrition and can remain, independent, in their own homes, for as long as possible.

In 2019-2020, according to our data, MOWMP served 125 frail, elderly and disabled clients. Of that number, 8 clients were disabled. MOWMP volunteer drivers made 19,383 deliveries of 2.5 meals per delivery, or 48,458 individual meals to clients in the City of Seaside. MOWMP volunteer drivers also conducted a daily wellness check and provided caring socialization with clients who participated in the program. Many of low-income clients cannot make a contribution or can only make a limited contribution to the cost of meals. The average Seaside client donation to the program stands at \$1.51 for a delivery of 2.5 meals per day which now costs MOWMP \$15.00. Food costs for a delivery are \$5.05.

The Home Delivered Meals program will continue to serve residents of the City of Seaside and other homebound clients across the Monterey Peninsula by fundraising in a variety of ways and through MOWMP's general fund.

Proposed Activities

MOWMP continues to serve vulnerable seniors across the Monterey Peninsula. Meals on Wheels' Home Delivered Meals program has developed over the past 48 years to meet the complex nutritional health needs of frail, elderly and disabled homebound adults who cannot shop or cook for themselves and have no adult caregiver in the home. It is currently the only program on the Monterey Peninsula to deliver 2.5 nutritious meals five days per week to the homebound. Where once the Home Delivered Meals program acted as supplemental nutrition for homebound adults, it has now become the chief source of nutrition for a population significantly impacted by health challenges and a volatile economy.

Meals on Wheels of the Monterey Peninsula will continue to serve frail, elderly, and disabled residents throughout the City of Seaside. These grant funds will go towards food costs only and will help support the 30% increase in demand for our Home Delivered Meals program in the City of Seaside.

The program ensures that 125+ frail elderly residents of Seaside who cannot shop or cook for themselves and who have no regular adult caregiver in the home receive daily healthy nutrition, tied to federal standards for adult nutrition.

Organizational Experience

MOWMP promotes and coordinates nutrition services for homebound seniors. The agency also acts as a referral and information service for homebound seniors and their families. MOWMP conducts daily wellness checks of homebound clients and acts as an early responder in the event that a homebound senior has fallen or is otherwise incapacitated. Drivers are also trained to look for signs of elder abuse, self-neglect, and failure to thrive. MOWMP’s program officer contacts family members, emergency police and fire services, medical personnel, hospital services and/or Adult Protective Services as appropriate. This system offers another layer of protection for vulnerable seniors in the City of Seaside. Daily socialization with a trained volunteer provides frail, elderly seniors a lifeline to the outside world and connections to their community.

Ms. Melanie Bretz is MOWMP’s Home Delivered Meals program manager. Her, along with 300+ active volunteers, and other staff members, will facilitate the operations of the program.

Budget

Seaside CDBG funds will be used to cover the costs of food only. We estimate food costs to be to be approximately \$7.36 per delivery. We estimate that we will make 26,000 deliveries with the aforementioned increase in demand included. At \$7.36 per delivery for 26,000 deliveries, food costs alone will be \$191,360 for the Seaside program. A grant of \$20,000 will cover 10% of food costs. Total Seaside program costs are estimated to be \$410,000. A Seaside contribution of \$20,000 would equal 5% of total program costs.

Line Item	City Funds	Other Funds	In-Kind Match	Total
1. Salaries & Benefits	0	0	93,000	93,000
2. Services & Supplies	20,000	297,000	0	317,000
3 Equipment	0	0	0	0
4. Other	0	0	0	0
Total	20,000	80,000	93,000	410,000

Proof of Non-Profit Status

Attached to email.