

May 2010

Elderly Nutrition

As part of the Meals on Wheels family of organizations, Elderly Nutrition has worked since 1975 to provide nutritious meals to seniors who are homebound, disabled, or would otherwise be unable to maintain their dietary needs.



In 2009, Elderly Nutrition served over 82,000 noontime meals (approximately 375 per day) to almost 1,400 seniors, 60 years and older, throughout Yolo County. The program asks a small fee based on the individual's ability to pay. However, these payments are entirely voluntary; and no one is refused a meal in the event that they are unable to pay.

The Food Bank of Yolo County proudly counts Elderly Nutrition among the agencies we support. As our Executive Director Jose Martinez stated, "We're pleased to act as a valued resource in partnership with Elderly Nutrition as they seek to provide both sustenance and a sense of community to our county's senior residents."



In addition to funds provided by from Title III of the Older Americans Act, Community Development Block Grants through Yolo County, city, private, and corporate donations, Elderly Nutrition relies on over 400 volunteers annually to perform the many duties needed to efficiently operate each site in a cost-effective manner. Special events sponsored by Friends of Meals on Wheels also provide critical support to Elderly Nutrition. This year's event calendar includes the "Meals on Wheels Walkathon" in November, the Dickens "In the Valley Home Tour" in December and the 20th annual Epicurean Esprit, "A Taste of Yolo County's Finest Wine and Cuisine" slated for Thursday, May 20.

Like any other agency, Elderly Nutrition can benefit from increased support from the community, at-large. For more information about how you can help, please contact Elderly Nutrition via email at enpyolo@mgci.com, or call (530) 662-7035.