

Meals on Wheels of Boulder
3701 Canfield St.
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mowboulder.org



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For Immediate Release

MEALS ON WHEELS OF BOULDER CELEBRATES 55 YEARS
Despite challenges of increasing costs, agency stays the course.

It was December 8, 1969 when Meals on Wheels of Boulder was born. Fifteen meals were delivered that day to help people who needed meals. With each decade, more and more growth occurred.

Flash forward to 2024, Meals on Wheels of Boulder is a nonprofit serving the Boulder area and delivers over 300 meals each weekday all year round to Boulder neighbors in need. Frozen meals are delivered each Friday for the weekends and for holidays.

Since that day in 1969, 2.7 million meals have been delivered and in 2023 over 2,000 people in the Boulder community have received a hot meal.

Through all the years, Meals on Wheels of Boulder has built a community of loyal supporters to see them through the ups and downs. This support is very much required since they do not receive Federal or State funding.

“Boulder Meals on Wheels program is *not* part of the federally-funded program that began with passage in 1972 of the Older Americans Act Nutrition Program,” Francea Phillips, President and CEO explains, “In Boulder we want to be free of federal allowing us to deliver to people of all ages and income.”

She added that federal funding isn’t always reliable. With similar restrictions for state funding, they decline to seek out this funding as well.

To continue the mission to deliver meals and social interaction to anyone in Boulder regardless of age or income, the Boulder community responds with their support. The Boulder program does rely on grants from foundations and local government, “but the biggest chunk of our funding is provided by our generous donors in the Boulder community,” says Phillips.

With the support of the community, innovation could take flight as well. When her parents were dealing with the inability to cook meals after being released from the hospital, Phillips saw the need to help people transitioning from hospital to home. The new service, Project Homecoming, was born in 2007, presented locally and nationally at meetings and conferences, and adopted by many agencies across the country.

“Project Homecoming is a local program in which patients just released from area hospitals receive five days of free meals when they return home. Our program has been positively received and promoted by health professionals who see recent patients returning to the hospital when they aren’t able to get the nutrition and care they need to heal at home,” says Phillips.

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In addition, three social ventures were created to help support Meals on Wheels of Boulder. There is a corner market, The Niche Market, located at the main building at 3701 Canfield Street in Boulder which sells convenience items, Grab & Go for breakfast lunch, and dinner, and their own brand of quiches, pies, and soups - *Think Goodness Foods*. The third ventures is the Eat Well Café, a café open weekdays at 909 Arapahoe - West Age Well Center. Both are open to the general public. All proceeds from the Niche Market, *Think Goodness Foods* offerings, and The Eat Well Café benefit the mission.

Through the years, the challenges have been met by their super supporters, their volunteers and donors.

“We are a volunteer-reliant program, as all our meals are packed and delivered by volunteers,” Phillips says. “It is the volunteers and our individual donors who heroically keep us rolling year after year.”

Meals on Wheels of Boulder needs your support during this time of rising food prices and other expense increases. Please see their website mowboulder.org for information on how to make a donation and become involved as a volunteer.

“With your support we will continue to deliver nutritious meals, social visits, and hope for our Boulder neighbors so they can remain independent in their own homes with dignity. Thank you so much for your generosity, and cheers to the next 55 years,” says Phillips.

About Meals on Wheels of Boulder

Since 1969, Meals on Wheels of Boulder has been providing healthy and high-quality meals to people who truly need them. We serve the lonely, isolated, often invisible members of our community who are not able to shop for or prepare their own meals. Meals on Wheels of Boulder clients are able to maintain health longer, age in place in their own homes, and enjoy improved quality of life, independence, and dignity.

Meals on Wheels of Boulder provides nutritious meals and a daily wellbeing check-in to Boulder neighbors who might not otherwise have access to good nutrition, and who can go days without the warmth of human interaction. We deliver over 300 meals each weekday with the support of around 382 volunteers per year.

Since Meals on Wheels of Boulder accepts no state or federal government funding, we are able to serve anyone, regardless of age or income. Your Boulder neighbors want to live in their own home, to age in place, or to recover from the hospital or rehabilitation facility. Meals on Wheels of Boulder and you, our supporters, make this possible.

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