

 Meals on Wheels of Boulder  
[www.mowboulder.org](http://www.mowboulder.org)

# ANNUAL REPORT



2023



Dear Friends,

What an incredible year 2023 has been for Meals on Wheels of Boulder! As I sit down to reflect on all we have accomplished, I am filled with gratitude for the unwavering support from our community, volunteers, and staff. Your dedication has allowed us to not only meet but exceed our goals, and for that, I am profoundly thankful.

In 2023, we delivered 100,000 meals to our neighbors in need. This is, by far, the most meals we have delivered in a year, since 1969! Each meal represents more than just food; it signifies hope, care, and a lifeline for many who face isolation and hunger. Our mission to nourish and enrich the lives of those we serve is more vital than ever, and seeing the smiles on the faces of those we help reminds us daily why we do what we do.

We continue to provide our innovative Project Homecoming, a program created in 2007 to help people make a transition from hospital to home. We also continue to focus on providing meals that are not only delicious but also tailored to the specific dietary needs of our clients. This “food for health” initiative has been a tremendous success, and the feedback from our recipients has been overwhelmingly positive. We are excited to continue evolving our services to better meet the needs of our community.

Our volunteer base is amazingly very stable. Where many Meals on Wheels programs are struggling to recruit and train volunteers, our volunteers provide more than 85 hours EVERY DAY to help provide meals to our Boulder neighbors. I am constantly amazed by the generosity and kindness of those who give their time and energy. Whether it is delivering meals, making friendly check-in calls, or helping in the kitchen, the Café, the Niche Market, and our offices, our volunteers are the heart and soul of our organization. Thank you for being the lifeblood of Meals on Wheels of Boulder.

When expenses were increasing so drastically in 2023, and our challenges for raising revenues were great, we realized a steady stream of donations from individuals and through our community partnerships. In fact, these sustaining donations enabled us to expand our reach and impact. I am especially proud of our collaboration with local businesses and other nonprofits, which has strengthened our ability to serve. Together, we are creating a more supportive and caring Boulder.

As we look forward to the coming year, I am filled with hope and excitement. We have big plans to further enhance our services and ensure that no one in our community goes hungry or feels alone. With your continued support, I am confident that we can achieve even greater things.

Thank you for being a part of our Meals on Wheels of Boulder family. Your kindness, generosity, and commitment make all the difference. Here is to another year of making a positive impact together!

Warmest regards,

A handwritten signature in black ink that reads "Franca Phillips". The signature is fluid and cursive, with the first name being more prominent.

Franca Phillips  
President & CEO, Meals on Wheels of Boulder

# The Meals on Wheels of Boulder Mission

The mission of Meals on Wheels of Boulder is to deliver nutritious and delicious meals with a daily wellbeing check-in to Boulder neighbors in need, regardless of age or income.

## Board & Advisory Council

### Board

<b>Tom Moore</b>	<i>Chairman</i>
<b>Ari Rubin</b>	<i>Treasurer</i>
<b>Christy Vaughan</b>	<i>Secretary</i>
<b>Leah-Kim Brown</b>	<i>Board Member</i>
<b>Pamela Proto</b>	<i>Board Member</i>
<b>Caroline Quine</b>	<i>Board Member</i>
<b>Mike Walters</b>	<i>Board Member</i>
<b>Tom Wilke</b>	<i>Board Member</i>
<b>Tom Wilson</b>	<i>Board Member</i>

### Advisory Council

Merry Sue Clark  
Lucy Guercio  
Gail Hogsett  
Carol Knight



## Products and Services

### Meal Delivery

Volunteers deliver nutritionally-balanced meals to Meals on Wheels of Boulder clients five days a week, with frozen options for the weekends. Every meal is made daily by professional chefs and can be customized to fit any dietary restrictions. These healthy and delicious meals are accompanied by a wellbeing check-in by our friendly and caring volunteers.



### Project Homecoming

A program available for people (regardless of age or income) who have been discharged from the hospital due to surgery, illness, having a baby, or are receiving long term treatment or rehabilitation from surgery. We provide five free meals, no strings attached, upon their transition from hospital to home. Meals on Wheels of Boulder volunteers deliver these nutritionally-balanced meals to their doors, so the patient can prioritize recovery. Like all of our meals, these dishes are made daily by professional chefs and can be customized to fit any dietary restrictions. If more meals are needed, there is an option to sign up for regular meal delivery.

## Our Three Social Ventures!

### Think Goodness Foods

Our brand of tasty quiches, pies, and soups, created in house!

### The Niche Market

This neighborhood, corner market is located in the Meals on Wheels of Boulder building. We sell convenience items, local brand favorites, nutritious grocery essentials, as well as our Think Goodness Foods products. Open to the public Monday - Friday, 9 am - 6 pm. Closed Saturday and Sunday.

### The Eat Well Café

Located on 909 Arapahoe in the West Age Well Center, this restaurant quality café serves lunch Monday - Friday from 11 am - 1 pm. Home of the \$7.99 meal: a choice of two entrees per day, a side salad or cup of soup, and dessert and beverage. Sandwiches, paninis, wraps, salads, and more are available each day.

# Success & Challenges

**99,602**  
Meals Prepared & Delivered

**2,620,028**  
Meals since 1969!

**2,029+**  
Community Clients Served

**1,543**  
Free Meals Provided

## Making an Impact, Improving Lives

In August 2023, she signed up for Project Homecoming since her arm was broken. She was 59 and living alone. During this time, her life was coming apart. She had financial challenges, and she was socially isolated. She used to play music to lift her spirits being a musician from Puerto Rico, but her instruments are now silent. Her doctor noted she was underweight due to malnutrition. Without being able to feed herself properly or have the social connections needed for help, she decided to stay with Meals on Wheels of Boulder. She gets hot, nutritious meals delivered Monday through Friday and looks forward to her visits with her friendly volunteer driver. Despite all the hardships, this year her doctor noted that her overall well-being was better, and she is now at a normal weight. Her challenges continue since she currently needs three hand surgeries, but she knows she has Meals on Wheels of Boulder to help see her through.

“Thank you so much. I eat regularly because of Meals on Wheels of Boulder. Plus, I don't set the stove on fire (left it on many times).”  
- Client, Meal Delivery



She was a teacher and gave to her community every day through her job. In 2008, her husband fell ill, and they needed meals delivered to their home. In 2017, she decided to also become a client since the time she spent as his caregiver made it challenging to prepare and cook meals for herself. In 2018, her husband passed away. She continued having meals delivered to get her through this difficult life transition. Not soon after, she found out she had Macular Degeneration. She is now legally blind and depends on Meals on Wheels of Boulder now more than ever before. She enjoys knowing her volunteer delivery drivers by name and the ability to converse with them personally. She is not alone. She says she can count on the meals and the dependability of her meals being delivered, which gives her peace of mind. Through it all, she has remained a positive light. In 2023, she asked her church to fundraise for Meals on Wheels of Boulder. Despite all she has been through, she is still giving back to her community in appreciation for how Meals on Wheels of Boulder has cared for her and her husband through the years.

# ● Staff & Volunteers ●

## Staff

Francea Phillips is the president and CEO of Meals on Wheels of Boulder. She leads a staff of seventeen, including four chefs, a kitchen staff, a client services team, a marketing and development department, volunteer management, and grocery store and café management teams.

**377+**  
Volunteers

- “Feeding people who are incapacitated is the most basic form of community service. And, it gets us out of the house.”
- - Volunteer, Delivery Driver

**21,473+**  
hours donated

## Get Involved

### Volunteer

We always need more volunteers! Volunteers pack and deliver the meals, create products for our Think Goodness Foods brand, as well as helping to host a number of unique events over the course of the year.

### Shop at the Niche Market

The Niche Market offers a number of local Boulder favorites, pastries, grocery essentials, and all our Think Goodness Foods items. All proceeds benefit Meals on Wheels of Boulder.

### Donate

Our mission is possible because of the generous support of our Boulder neighbors. When you donate, you provide healthy and high-quality meals to people who truly need them. Donate online at [mowboulder.org](http://mowboulder.org). If you would like to contribute to help eliminate our new building mortgage, please call Francea at (720) 780-3390.

### Spread the Word

Join our social media network. If you know someone who would benefit from our nutritionally-balanced meals delivered to their door, tell them about Meals on Wheels of Boulder! We serve all ages and income levels. To learn more about our meal delivery programs, please go to [mowboulder.org](http://mowboulder.org) or call (720) 780-3380.



# Statements of Financial Position

**MEALS ON WHEELS OF BOULDER, INC.  
STATEMENTS OF FINANCIAL POSITION  
DECEMBER 31, 2023 AND 2022**

	<u>2023</u>	<u>2022</u>
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Cash and cash equivalents	\$ 334,440	\$ 409,731
Accounts receivable, net	23,172	20,390
Inventories	34,575	56,113
Prepaid expenses	18,596	16,353
<b>TOTAL CURRENT ASSETS</b>	<u>410,783</u>	<u>502,587</u>
<b>LONG-TERM ASSETS</b>		
Property and equipment, net	6,029,189	6,239,416
Investments, at fair value	682,724	529,133
<b>TOTAL LONG-TERM ASSETS</b>	<u>6,711,913</u>	<u>6,768,549</u>
<b>TOTAL ASSETS</b>	<u><u>\$ 7,122,696</u></u>	<u><u>\$ 7,271,136</u></u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT LIABILITIES</b>		
Accounts payable and accrued expenses	\$ 72,669	\$ 45,649
Deferred revenue	600	526
Current portion of notes payable	56,490	54,387
<b>TOTAL CURRENT LIABILITIES</b>	<u>129,759</u>	<u>100,562</u>
<b>LONG-TERM LIABILITIES</b>		
Notes payable, net of current portion	796,202	852,224
<b>TOTAL LIABILITIES</b>	<u>925,961</u>	<u>952,786</u>
<b>NET ASSETS</b>		
Without donor restrictions		
Undesignated	4,914,011	5,189,217
Designated by the Board for operating reserve	682,724	529,133
Total without donor restrictions	<u>5,596,735</u>	<u>5,718,350</u>
With donor restrictions		
Time-restricted for future periods	600,000	600,000
Total with donor restrictions	<u>600,000</u>	<u>600,000</u>
<b>TOTAL NET ASSETS</b>	<u>6,196,735</u>	<u>6,318,350</u>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<u><u>\$ 7,122,696</u></u>	<u><u>\$ 7,271,136</u></u>

# Statements of Financial Position

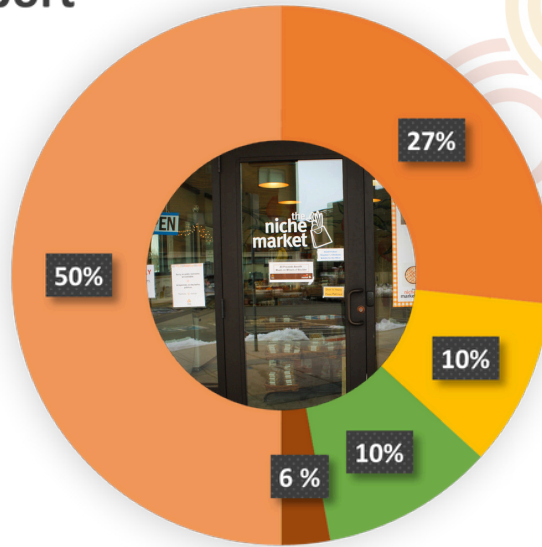
**MEALS ON WHEELS OF BOULDER, INC.**  
**STATEMENTS OF ACTIVITIES**  
**FOR THE YEARS ENDED DECEMBER 31, 2023 AND 2022**  
**(with Comparative Totals for the Year Ended December 31, 2022)**

	2023			2022
	Without Donor Restrictions	With Donor Restrictions	Total	Total
<b>REVENUE AND OTHER SUPPORT</b>				
Program service fees	\$ 392,448	\$ -	\$ 392,448	\$ 282,724
Contributions	1,012,922	-	1,012,922	732,720
Grants and foundations	381,500	-	381,500	314,875
United Way	914	-	914	601
The Niche Market	109,621	-	109,621	128,493
<b>TOTAL REVENUE AND OTHER SUPPORT</b>	1,897,405	-	1,897,405	1,459,413
<b>FUNCTIONAL EXPENSES</b>				
Program expenses	1,725,902	-	1,725,902	1,491,377
Management and administrative	112,430	-	112,430	123,578
Fundraising	207,619	-	207,619	215,010
<b>TOTAL FUNCTIONAL EXPENSES</b>	2,045,951	-	2,045,951	1,829,965
	(148,546)	-	(148,546)	(370,552)
<b>OTHER INCOME</b>				
Investment income (loss)	48,474	-	48,474	(50,672)
<b>TOTAL OTHER INCOME (LOSS)</b>	48,474	-	48,474	(50,672)
<b>BUILDING REVENUE</b>	-	-	-	520
<b>BUILDING EXPENSES</b>				
New build expenses	21,543	-	21,543	17,969
<b>BUILDING LOSS</b>	(21,543)	-	(21,543)	(17,449)
<b>CHANGE IN NET ASSETS</b>	(121,615)	-	(121,615)	(438,673)
<b>NET ASSETS, beginning of year</b>	5,718,350	600,000	6,318,350	6,757,023
<b>NET ASSETS, end of year</b>	\$ 5,596,735	\$ 600,000	\$ 6,196,735	\$ 6,318,350

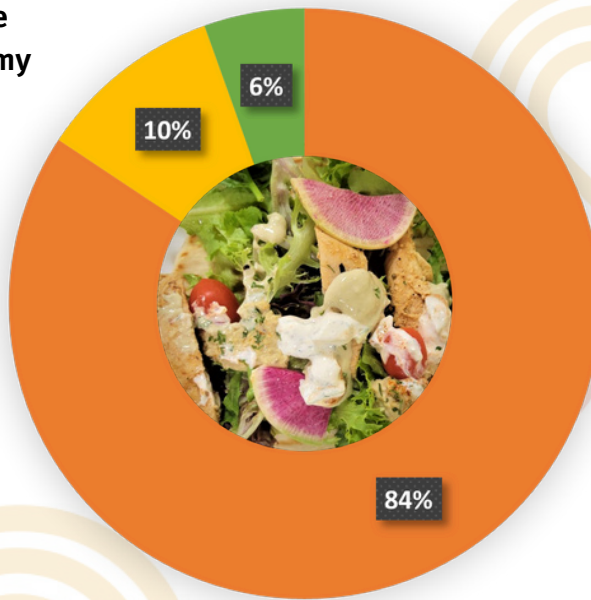
# By the Numbers

## Revenue & Other Support

- Contributions 53%  
 \$1,012,922
- Grants & Foundations 20%  
 \$381,500
- Program Service Fees 21%  
 \$392,448
- The Niche Market 6%  
 \$109,621
- United Way 0%  
 \$914



“I donate to Meals on Wheels of Boulder because I've had my Grandma and my Auntie receiving meals 😊. So I know how that really helped both of them. They always looked forward to their meals.” - Donor



## Functional Expenses

- Program Expenses 84%  
 \$1,725,902
- Fundraising 10%  
 \$207,619
- Management & Administrative 6%  
 \$112,430



Donations from individuals like you help us during interesting times.

