

ABOUT US

- For more than 50 years, Meals on Wheels Diablo Region has improved the health and wellbeing of seniors living in Contra Costa County by delivering nutritious meals and supportive services that allow seniors to remain in their homes, safely and with dignity.
- **Meals on Wheels** is our flagship nutrition program that delivers healthy, balanced meals to homebound seniors throughout our community. We delivered more than half a million meals to more than 2,000 seniors in FY 2020-2021.
- **Breakfast Bag Program:** One meal a day isn't enough for some seniors. We started the Breakfast Bag Program to deliver a week's worth of healthy breakfast items to food insecure elders.
- **Grocery Bag Program:** For seniors who can still prepare a meal but cannot get out to the grocery store, grocery bags provide fresh groceries twice-a-month to low-income seniors.
- **Cafés:** Offer more mobile seniors a hot, nutritious meal five days a week at local senior centers. The Cafés also provide seniors an opportunity to socialize and take part in activities that keep them engaged and healthy.
- **We provide more than a meal.** As a full-service organization, we have built on our well-earned reputation for delivering meals and began offering an array of additional services that meet the many needs seniors have that allow them to remain independent at home for as long as possible. These supportive services are:
 - **Fall Prevention:** This program reduces injuries from falls — the leading causes of death as a result of injury in older adults. Fall Prevention helps seniors remain independent by offering balance classes and conducting home safety assessments and modifications, which help seniors avoid falls and related injuries.
 - **Health and Wellness:** Seniors who remain active and engaged, stay healthier and often live longer. This program offers exercise classes and tips, nutrition education, workshops and information on staying healthy.
 - **Friendly Visitors, Callers and Helpers:** Isolation has been linked to health risks and depression in frail seniors. A weekly visit from a Friendly Visitor or a welcome phone call from a Friendly Caller, keeps seniors connected to another person and provides friendship and comfort. Friendly Helpers can run errands, picking up groceries, prescriptions, or other necessities for isolated elders.
 - **Care Management:** Provides confidential guidance to help seniors and their families navigate issues such as housing, elder abuse, depression, and long-term care needs.
- Meals on Wheels Diablo Region is **the only** Meals on Wheels that delivers **both meals and services** to seniors in Contra Costa County.
- For the family of seniors, we are a trusted partner who helps their loved ones remain in their homes, safely and with dignity.
- We earned a four-star rating from Charity Navigator and are a women-led organization.
- Services are offered to seniors 60 years old or older regardless of their financial situation.