



Zoe Broussard
(925) 482-2624
ZBroussard@mowdr.org

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MEALS ON WHEELS DIABLO REGION JOINS IN MONTH-LONG MARCH FOR MEALS CELEBRATION WITH COMMUNITIES NATIONWIDE

SUPPORT WILL HELP TO FIGHT SENIOR HUNGER AND ISOLATION IN CONTRA COSTA COUNTY.

[Contra Costa County] (March 1, 2023) – Meals on Wheels Diablo Region will be part of the [21st annual March for Meals](#) – a month-long, nationwide celebration of Meals on Wheels and our senior neighbors who rely on this essential service. Their ability to remain healthy and independent at home, is critically important during a time of a lingering pandemic and high inflation. MOW Diablo Region’s celebration plans include various site visits from local and state officials throughout March.

“This past fiscal year, MOW Diablo Region delivered over 600,000 meals! This is the most we have ever delivered in our 55-year history and represents a 50% increase since the pandemic began. We accomplished this during a time of record inflation that affected our operations and has had a serious impact on the clients we serve.” said Caitlin Sly, MOW Diablo Region Executive Director. “We are in awe of the outpouring of support so far, and there’s still much we can do to ensure every senior in need of our services can benefit.”

In Contra Costa County, seniors are the fastest-growing segment of the population. The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This critical support and federal funding has fueled the growth of the Meals on Wheels network for more than 50 years.

During the month, community-based Meals on Wheels programs from across the country will join forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the resources needed to reach every senior in need of a nutritious meal, friendly visit, and safety check.

“March is an important time for us to come together to ensure that Meals on Wheels is there for all of our senior neighbors in need,” said Ellie Hollander, President and CEO of Meals on Wheels America. “The demand for services is already great, and approximately 12,000 Americans are turning 60 every day. We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation’s history. We can’t do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going.”

For more information on volunteering, contributing, or speaking out for the seniors this March, visit www.mowdiableregion.org.

About Meals on Wheels Diablo Region:

For more than 50 years, Meals on Wheels Diablo Region has improved the lives of vulnerable seniors in Contra Costa County by delivering nutritious meals and supportive services that allow seniors to remain in their homes safely and with dignity. Programs include home-delivered meals, Breakfast Bags, Grocery Bags, Fall Prevention, Cafés, Care Management, Friendly Visitors, Health and Wellness, and more.