

OUR LIFELINE IN ACTION



CITYMEALS
ON WHEELS

2022 ANNUAL REPORT

DEAR FRIENDS,

In the last fiscal year, Citymeals celebrated an incredible milestone and boldly planned for the future. Our 40th anniversary — and the 67 million meals delivered since our founding — was a reminder of just how much our organization has grown.

New York is a city that is constantly changing, and we must too. People over 60 now outnumber school-aged children, and the needs of that aging population are increasingly diverse. People are living longer than ever with complex chronic conditions. The needs of someone in their 70s are far different than in their 90s. While some are tapping into support networks, others have none at all. To meet the needs of older adults, Citymeals undertook an ambitious strategic plan to reckon with changing demographics, address gaps in services the Covid-19 pandemic revealed and work to strengthen the safety net for aging New Yorkers.

Serving our older, vulnerable neighbors does not fall to Citymeals alone, but we are committed to being part of the solution. Ageism has allowed programs and services for older people to be underfunded for too long, allowing isolation and hunger to remain hidden problems. But we have always envisioned a city where all people — no matter their age — can live with dignity in the place they call home.

As always, we could not have touched the lives of so many homebound elderly New Yorkers without the compassion of friends like you. Through four decades — and many more to come — we have been guided by a



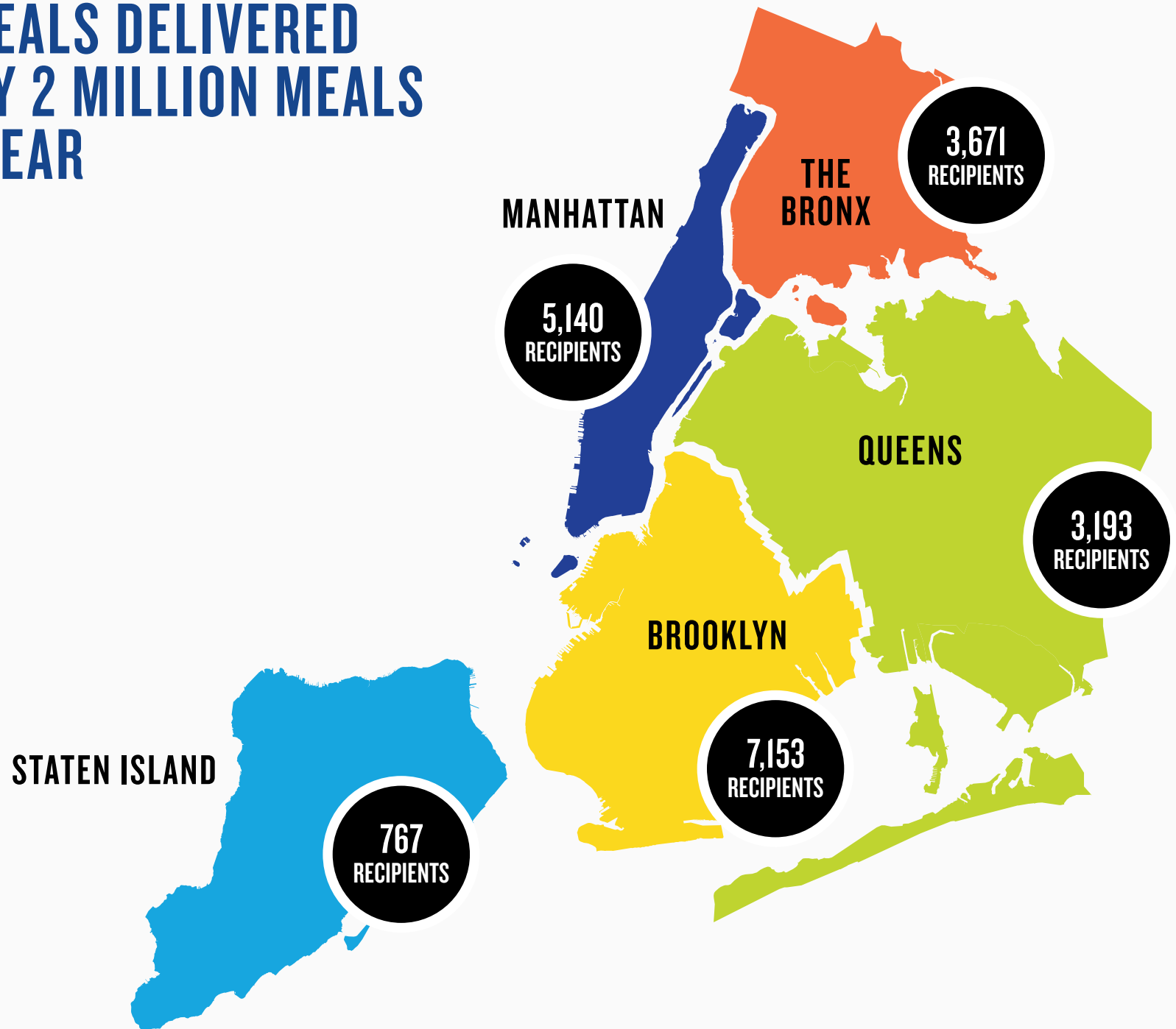
simple idea: The generations before us created the city we love, and we will care for them because they are our own.

Thanks once more for always keeping your elderly neighbors in your hearts and minds. You are a steadfast reminder of just how kind and generous our city can be.

With deepest gratitude,

Beth Shapiro
Executive Director

CITYMEALS DELIVERED NEARLY 2 MILLION MEALS LAST YEAR



A GUARANTEED LIFELINE 365 DAYS A YEAR

Citymeals delivers nutritious meals to nearly 20,000 homebound older New Yorkers across all five boroughs. On weekends and holidays — when there is no government funding — and during emergencies, our meals are nourishing the city’s most vulnerable population.

WEEKEND MEALS

Through partnerships with community-based organizations and older adult centers, Citymeals is able to fill in where government programs fall short. On Saturdays and Sundays, we provide nourishing meals for our frail aged neighbors. As the pandemic pushed into its second year, those we serve remained at greatest risk. Our dedicated staff and volunteers have often been the only personal interaction many of our recipients have. In Fiscal Year 2022, Citymeals delivered 1,443,816 weekend meals.

EMERGENCY MEALS

The Joan & Bob Tisch Emergency Meal Distribution Center, our bustling warehouse in the Bronx, always maintains a stockpile of thousands of meals for snowstorms and localized emergencies, like gas or power outages. Yet Covid-19 remained a prolonged, city-wide



emergency, and the center was our hub for responding to the crisis. Warehouse staff worked tirelessly to pack and deliver shelf-stable meals, guaranteeing not a single Citymeals recipient went without food. During the last fiscal year, we delivered 95,668 emergency meals to vulnerable older New Yorkers across the city.

EMERGENCY FOOD PACKAGES

When snowstorms and dangerous, icy conditions set in, the cupboards of our meal recipients are already stocked. Delivered every fall in case winter weather interrupts regular delivery routes, our emergency food packages each contain four shelf-stable meals with nutritious essentials like salmon, organic brown rice, oatmeal, and canned vegetables, as well as special treats like low-sugar cookies and hot cocoa. Citymeals delivered 66,260 of these meals in the last fiscal year.



HOLIDAY BOXES

When centers must close for national or religious observances, these special packages ensure recipients never go a day without a meal. In advance of Labor Day, Martin Luther King, Jr. Day, Presidents Day, Passover, Memorial Day and Independence Day, Citymeals delivers boxes packed with nonperishable meals. In Fiscal Year 2022, Citymeals distributed 252,151 meals through our holiday boxes.

HOLIDAY MEALS

As the city sparkles with lights and New Yorkers gather to celebrate the holidays, our older neighbors can feel especially isolated. That was true last fall, when the Omicron variant pushed vulnerable, older people back behind closed doors. But Citymeals is there to deliver festive meals right to their doors on Thanksgiving, Hanukkah, Christmas, New Year's Day, Lunar New Year, Mother's Day, and Independence Day. Last year, Citymeals provided 35,938 holiday meals.

MOBILE FOOD PANTRY

More New Yorkers than ever are relying on local food pantries, but our meal recipients are simply too fragile to stand on line when their kitchen shelves are bare. Citymeals has identified some of the most food-insecure neighborhoods in the city, where older people face high rates of hunger. For those recipients, we supplement our regular deliveries with a monthly package of additional food, including soups, stews and whole-grain breakfast cereal. We delivered 60,291 mobile food pantry meals in Fiscal Year 2022.

FRESH PRODUCE

Getting to the local farmers' markets isn't an option for the homebound elderly we serve. While our home-delivered meals always include fruits and vegetables, seasonal, local produce is a special treat. Our partnership with GrowNYC and support from the New York City Council helps Citymeals provide recipients with fresh produce like berries, apples, peaches, and more. We made 17,318 deliveries of fresh produce last year.



MEET YOUR NEIGHBOR

DEBBY, CITYMEALS RECIPIENT

Debby is a classic New Yorker in every sense. At 96 years old, she's called the city home her entire life. Yet, she's also a lover of languages, travel and culture.

Growing up in Brooklyn, the daughter of Russian Jewish refugees, Debby's first language was Yiddish. Her parents never spoke of their experiences fleeing their home country during the Holocaust. But Debby felt connected to her extended family and their history through language. She went on to study Spanish and French in college, eventually becoming a foreign language teacher. For the first twenty years of her career, Debby taught at Tilden High School in East Flatbush.

While focused on her career, Debby didn't think much about marriage. It wasn't until her forties, on a trip to Fire Island with friends, that she met Martin. He'd grown up just blocks from Debby and still they had never met. The pair quickly fell in love. "It just happened!" Debby jokes of their chance meeting on the beach that day.

Soon, Martin and Debby married, moving into an apartment in Kips Bay — the same one she still calls home nearly five decades later. Debby found work teaching at a nearby school and spent her summers traveling with Martin. A framed photograph of them in Israel is a reminder of the adventures they shared. Debby still struggles to talk about the loss of her husband more than two decades ago.

After Martin died, Debby busied herself with volunteering. She helped countless new immigrants — many Russian Jews like her parents — with language skills and support as they got settled in New York. One of the women she worked with still stays in touch, reminding Debby of her gratitude. "Not a holiday goes by without a card from her," she explains.

Debby's days of travel, teaching and volunteering are well behind her. Much of her eyesight is gone, a result of macular degeneration. To read, she relies on a magnifying glass. Meanwhile, a heart condition requires medication and constant monitoring.



*Debby began
receiving meals at the
start of the pandemic.
The deliveries soon
became essential.*

The pandemic constrained Debby's world even further. Once able to make the trip to her local grocery store, shopping was too risky even with a mask. Debby began receiving meals at the start of the pandemic and the deliveries soon became essential. On a typical day, now, Debby says she'll have cereal for breakfast, a sandwich for lunch and our home-delivered meal makes for a comforting, full dinner.

During lockdown, Debby's sole company was her younger sister Salma, who lives in the same apartment building. At the height of the pandemic, the sisters would make their way to the building's courtyard for fresh air. And although the city is bustling again, Debby's isn't venturing out: "I'm still fearful."

So much has changed in just two years. Ever a New Yorker, Debby remains optimistic and feels she has no choice but to adapt. She reads the newspaper daily. On days when Salma doesn't come upstairs, the sisters connect by phone. Asked about what she thinks of her longevity and independence, Debby exclaims: "I'm delighted!"

NOTES FROM OUR NEIGHBORS

Protein, carbs, and vegetables too
A variety of foods
Certified Kosher (U)

I am a Senior
of 94 years. I
want to thank
you for getting
Meals on Wheels
and the beautiful
special Gf Box
I appreciate City
Wheels on Wheels.

I thank you for the meals
That you keep giving
May the One above bless you
For as long as you are living.

THANK YOU SO MUCH FOR
the magnificent Gift Box of Goodies.
It is full of wonderful things to
eat. You certainly brought a BIG
SMILE to my face.

I am 87 years old and still retain
a good appetite. One of my goals is
to move more like go for walks,
go up the stairs, not sit a lot.

THANK YOU FOR THE BOX OF
GOODIES YOU SENT FOR 4TH OF
JULY.

I HAVE BEEN GETTING MEALS
ON WHEELS SINCE 2018 AND
I ENJOY THE FOOD VERY MUCH.
I APPRECIATE THE PEOPLE WHO
DELIVER.

Hi Everyone.

I would like to tell you
how grateful I am for all you
do for me. Every day I have
meals that make my day.
Along with someone to say hello
and ask me how I'm doing
to know that someone cares
is truly a blessing

shopping & are a great help & a
joy to be with. Our Sunday
blessings are a "hoot"!
Much joy to you all &
thanks for caring!

How kind and generous to
send this box of special items
for the rainy (and snowy) days!

I had to try the oatmeal
cookies right away: delicious —

VOLUNTEER PROGRAMS

CONNECTION AND COMPANIONSHIP, RIGHT AT THEIR DOOR

Over the last fiscal year, nearly 19,000 volunteers gave over 52,000 hours of their time to support our mission and their homebound neighbors across the boroughs.



CASSANDRA, MEAL DELIVERY

To reach nearly 20,000 older people, Citymeals relies on volunteers to support our professional delivery staff. They ensure our meal recipients receive regular check-ins and never go a day without a meal.

Cassandra has dedicated herself to delivering meals for nearly twenty years. She began one Thanksgiving and continued being there for her elderly neighbors through Hurricane Sandy, when buildings were without power, and during the pandemic when even opening the door was risky for those we serve.

*“This is what we’re meant to do.
We’re put here to help others out.
For me, this comes automatically.”
— Cassandra*

SHEENA, FRIENDLY VISITING

Our Friendly Visiting volunteers are in touch with isolated meal recipients every week. While some have returned to in-home visits, others are still meeting virtually to keep their older neighbors socially connected. Through meaningful conversation and connection, they help stave off the harmful effects of isolation that leave the elderly susceptible to strokes, depression and dementia.

A meal delivery volunteer for more than ten years, Sheena got involved in Friendly Visiting during the pandemic. Now, every Friday at noon, she joins her favorite Zoom meeting of the week with Citymeals recipient Leslie. In her 70s and living on the Upper West Side, Leslie became especially lonely during the pandemic. She’s always eager to talk and when the virus receded, she and Sheena were finally able to meet in person and embrace. Leslie admits it was the first hug she had in more than two years.

For Sheena, the connection they have formed is reminiscent of what she had with her own grandmother.



RUDIN, A CORPORATE PARTNER GIVING BACK

As many people returned to the office, teams found ways to reconnect with each other — and give back. Last year, 120 corporate groups joined us in packing and delivering nutritious meals for the homebound.

At our Emergency Meal Distribution Center, corporate volunteers like those from Rudin put together over 20,000 ready-to-eat meal boxes for delivery. “With an unwavering love of our city, we are proud to support Citymeals’ critical mission of nourishing our older neighbors in need,” said Samantha Rudin Earls.

COMMUNITY GROUPS, MAKING HANDMADE CARDS

Receiving a handmade card celebrating the holidays and marking special occasions like birthdays are a treasured reminder to our recipients that they still matter.

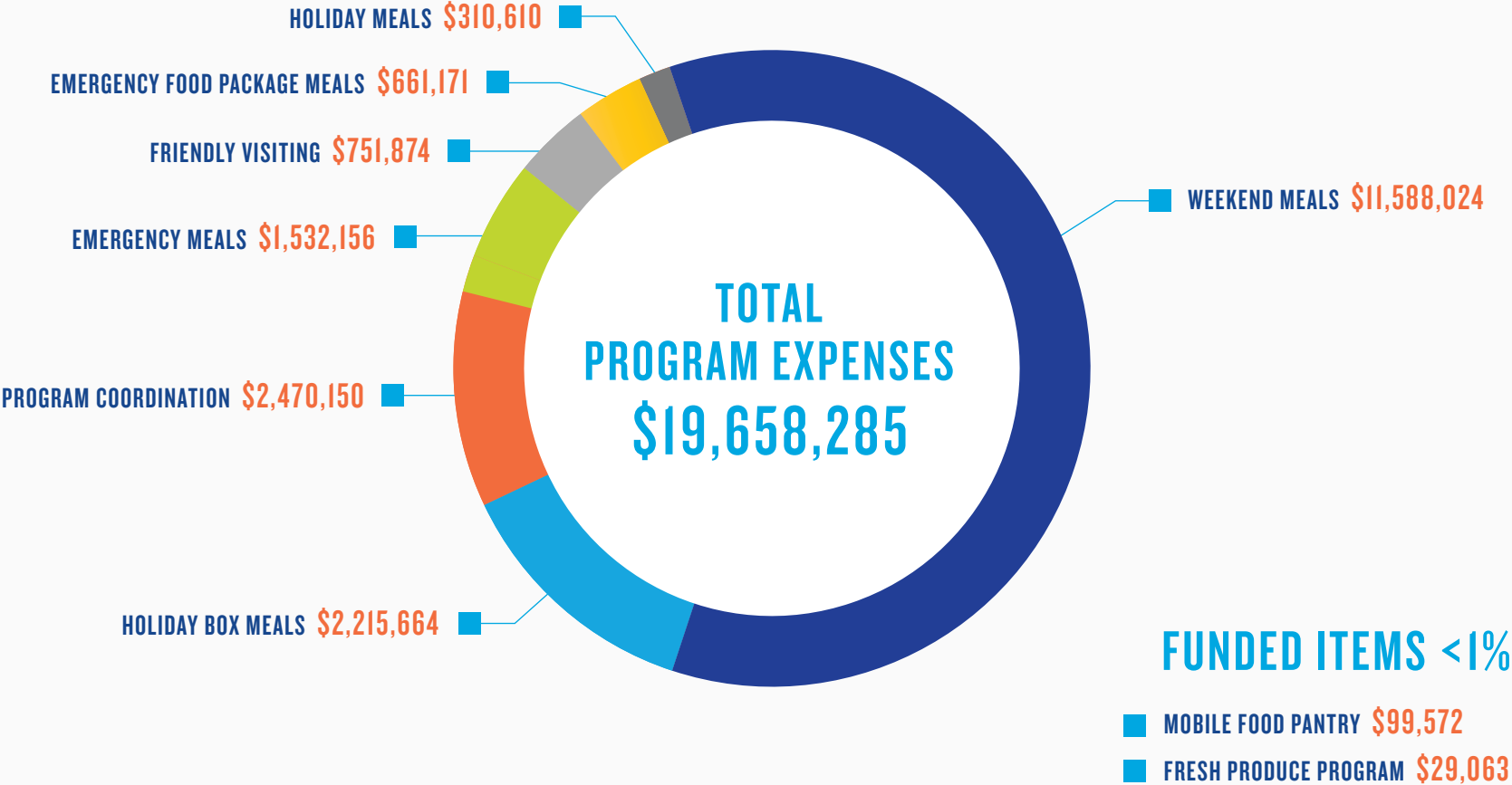
One longtime community group, Muslim Volunteers for New York, has partnered with Citymeals for over five years, delivering the cards they make along with meals. This multi-generational group of children and parents understands how a personal greeting can transform the day of an isolated older neighbor. Together, they have created nearly 8,000 lovingly made cards for Citymeal recipients.

“Volunteering is one of the more selfish things I do. Because I get so much out of it.” — Sheena

RESTRICTED FUNDS SPENT

100% of all contributions to Citymeals on Wheels from the general public are used exclusively for the preparation and delivery of meals. The graph on this page represents how these general donations were used in Fiscal Year 2022.

All funds needed to cover administrative and fundraising expenses are raised separately and specifically for those purposes. Administrative grants come from Citymeals on Wheels board members, foundations, corporate sponsors, and the City of New York.



NUMBER OF MEALS FUNDED

WEEKEND MEALS	1,443,816
EMERGENCY MEALS	95,668
EMERGENCY FOOD PACKAGE MEALS	66,260
HOLIDAY BOX MEALS	252,151
HOLIDAY MEALS	35,938
MOBILE FOOD PANTRY	60,291
DONATED MEALS	25,890

TOTAL MEALS SERVED
1,980,014

STATEMENT OF ACTIVITIES

TOTAL SUPPORT & REVENUE	\$26,813,463
PROGRAM EXPENSES	
Weekend Meals	\$11,588,024
Emergency Meals	\$1,532,156
Emergency Food Packages	\$661,171
Holiday Box Meals	\$2,215,664
Holiday Meals	\$310,610
Mobile Food Pantry	\$99,572
Program Coordination*	\$2,470,150
Friendly Visiting	\$751,874
Fresh Produce Program	\$29,063
TOTAL PROGRAM EXPENSES	\$19,658,285
General & Administrative Expenses	\$2,780,063
Fundraising Expenses	\$3,141,525
TOTAL EXPENSES	\$25,579,873
Total Assets	\$74,358,603
Total Liabilities	\$4,343,252
NET ASSET BALANCE	\$70,015,351

* Information extracted from the audited financial statement provided by RSM US, LLP, certified public accountants.

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JULY 1, 2021 – JUNE 30, 2022

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*Founding Executive Director

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FOUNDED IN 1981,

Citymeals on Wheels provides a continuous lifeline of nourishing meals and vital companionship to New York City's homebound elderly. Working in partnership with community-based organizations and older adult centers, Citymeals prepares and delivers weekend, holiday and emergency meals for our older neighbors in need throughout the year.



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