



CITYMEALS
ON WHEELS

2025 ANNUAL REPORT





About 60% of older New Yorkers receiving home-delivered meals are food insecure, meaning they worry about running out of food before their next delivery.

LOOKING BACK AS WE LOOK AHEAD

Dear Supporters,

When our research into food insecurity among older New Yorkers revealed the true depth of the need in this city, Citymeals knew we needed to act. About 60% of those already receiving home-delivered meals experience food insecurity, meaning they worry about running out of food before their next delivery. That's simply unacceptable.

The most vulnerable older New Yorkers are experiencing a crisis of hunger, but there is a solution: providing more food to those we serve. And, over the past year, Citymeals launched a series of new pilot programs to do just that.

The first was our Breakfast Box, which provides a month's worth of second meals to our most food insecure recipients. This has been an exciting and successful undertaking with 99% of Breakfast Box recipients expressing satisfaction with the program overall. We also expanded our Mobile Grocery program, bringing 190,000 more meals than last year to those recipients who cannot get out to a food pantry and delivering over 200,000 additional pounds of fresh produce across the city.

For the older people we serve, Citymeals is more than a meal — we're neighbors helping neighbors continue to live in the city we all love. Our new Connectivity programs provide our isolated meal recipients with opportunities to feel a part of their community, making new connections and forging meaningful friendships. New partnerships with Life Story Club and the ¡Oye! Group are bringing our older neighbors together and enriching their lives at home. Because the best part of a meal is being able to share it with others.

Citymeals is working to create the kind of city where we all can live and age with dignity and community support. It's our goal to end hunger among older New Yorkers by 2040. And we won't stop until that becomes our reality.

Thank you,

Beth Shapiro

Beth Shapiro, CEO



SERVING ALL FIVE BOROUGHS

Citymeals delivered 2.2 million meals to 22,000 older New Yorkers last fiscal year. Since our founding in 1981, we have delivered over 72 million meals.

1,417,451 WEEKEND MEALS

89,548 HOLIDAY MEALS

381,480 BREAKFAST BOX MEALS

250,146 EMERGENCY MEALS

48,735 MOBILE GROCERY MEALS

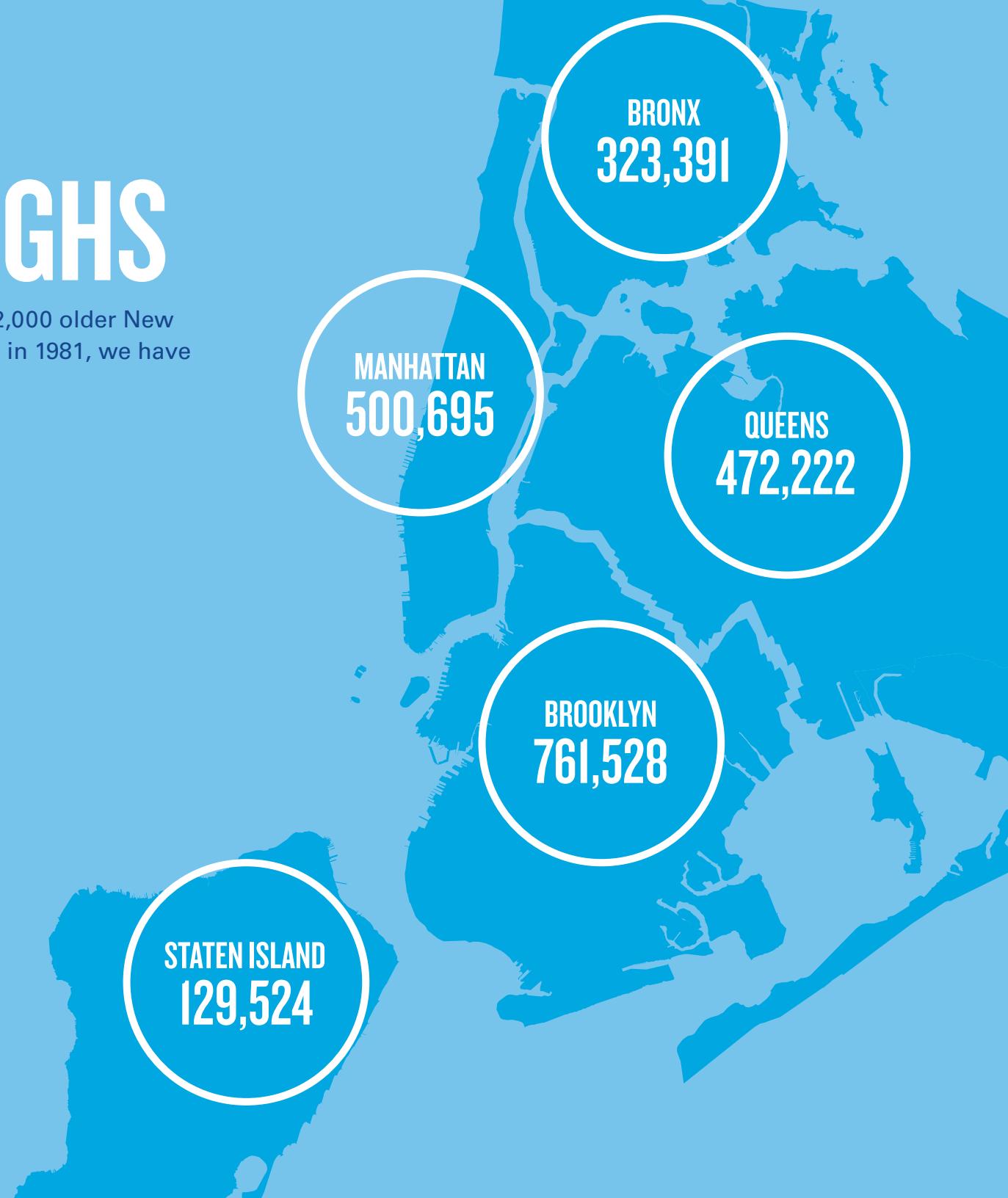
**MANHATTAN
500,695**

**BRONX
323,391**

**QUEENS
472,222**

**BROOKLYN
761,528**

**STATEN ISLAND
129,524**



MEALS AND MAHJONG IN MARINE PARK

THE PIANO SITS in Helen's living room. She and her husband, Murray, bought it years ago for their daughter. "But after six weeks," Helen says, "she decided she didn't want to play the piano." Murray, though, took a shine to it. "My husband taught himself how to read music," she says, proudly. "He taught himself how to play."

Now, the piano sits untouched. Murray passed away two years ago. "For me, it's recent," says Helen. "Every day is hard."

The couple were married for 66 years — 60 of them spent in this very house in Marine Park, Brooklyn. From the art and photos decorating the walls to the sheet music still on the music stand, it's full of cherished memories. Helen and Murray raised their three children here. She couldn't imagine leaving. "I started here," says Helen, "and I'll probably end here."



Helen, 89, Marine Park, Brooklyn

At 89 years old, Helen is in good health, but she needs help with her balance. "I have a little walker," she says. "It's a small one and I'm great with that." Helen can even maneuver it up and down the front steps of her house. Though, she has to be careful. "You know, I don't run," she says. "I go slow."

She spends most of her time at home, reading, or doing crossword puzzles. Helen's children are all in their 60s. They live nearby, but have busy schedules, jobs and children of their own. "During the day, I'm very often alone." Except twice a week, when Helen plays mahjong.

She has a group that gathers every Monday and Thursday to play. Helen says the game is more luck than strategy. "You can be the greatest player, but if you don't get good tiles, nothing is going to happen," she says. She enjoys playing, but what she really enjoys is the company, especially when she and her friends go out for lunch afterwards.

"Cooking for one person is not at all enjoyable."

Meals are just one of the things that have become difficult since Murray's death. "I really used to enjoy cooking so much for my family. It was something I loved to do," says Helen. "But cooking for one person is not at all enjoyable." Helen has been receiving home-delivered meals for over a year now. "They fill in what I no longer do."

Citymeals helps relieve the burden of meal planning and preparing. "I appreciate the fact that I know the meals will be delivered," she says. "Knowing that I can have a healthy meal delivered to my door is so wonderful."

CITYMEALS DELIVERS

Last year, Citymeals delivered 192,324 more meals than the previous year through new pilot programs to stem food insecurity. This includes over 255,000 pounds of produce through our expanded Mobile Grocery and Fresh Produce programs — seven times more than last year.



“Sometimes, it’s hard for us to go shopping. Citymeals on Wheels, it helps us a lot because of the inflation we’ve got now. I think it’s a lot of help for a lot of people.”

Julia, 75, Upper East Side, Manhattan

THE MOST IMPORTANT MEAL OF THE DAY

Alfred is one of the 60% of Citymeals recipients for whom one home-delivered meal a day is not enough. Like all of us, older New Yorkers need to eat more than once a day. And with more than half of our recipients living on \$15,000 a year or less, many simply cannot afford to. To fill that meal gap, each of our Breakfast Boxes delivers 30 days of second meals, including morning staples like oatmeal, eggs and orange juice.

This past fiscal year, we delivered over 380,000 Breakfast Box meals. Those recipients reported that these deliveries save them an average of \$65 a month — money that can be used for other essentials, like medication and rent.

The additional food is also enhancing recipients' sense of security — concerns about running out of food fell by 17%. "Now I always have food in the refrigerator, and I always have something to eat," Alfred says. Others we spoke to described the program as a "blessing" and "essential" for maintaining independence, health and peace of mind, especially as grocery prices continue to rise.



"Before Citymeals, I would run short. I was making ketchup sandwiches. Now I don't have to worry about that."

Alfred, 75, the Bronx

"I eat breakfast every day. Always have. When the breakfast started coming, that was wonderful because those are the things that I buy. It helps me out a lot."

Carol, 83, Breakfast Box Recipient

BREAKFAST BOXES MAKE A DIFFERENCE



Concerns about running out of food

FELL BY 17%



Recipients saved an average of
\$65 A MONTH



99% REPORTED
satisfaction with the program overall



HELPING NEIGHBORS BUILD CONNECTIONS

Hunger and isolation are interconnected. To combat the loneliness that many of our older neighbors experience, last year, Citymeals embarked on a new partnership with Life Story Club.

When the case management agencies we partner with identify a Citymeals recipient who is isolated and in need of support, they are referred to their local Life Story Club. These clubs gather once a week over the phone or on Zoom in virtual storytelling circles. A facilitator gives them two

“It’s a very safe space and everyone’s accepted. I’m greatly appreciative of that.”

Antonella, 70, Life Story Club Member

prompts. They can be anything, from questions about their fondest childhood memories to the best meal they’ve ever eaten. It’s a great way to get conversation going and bring down barriers, even from behind a screen.

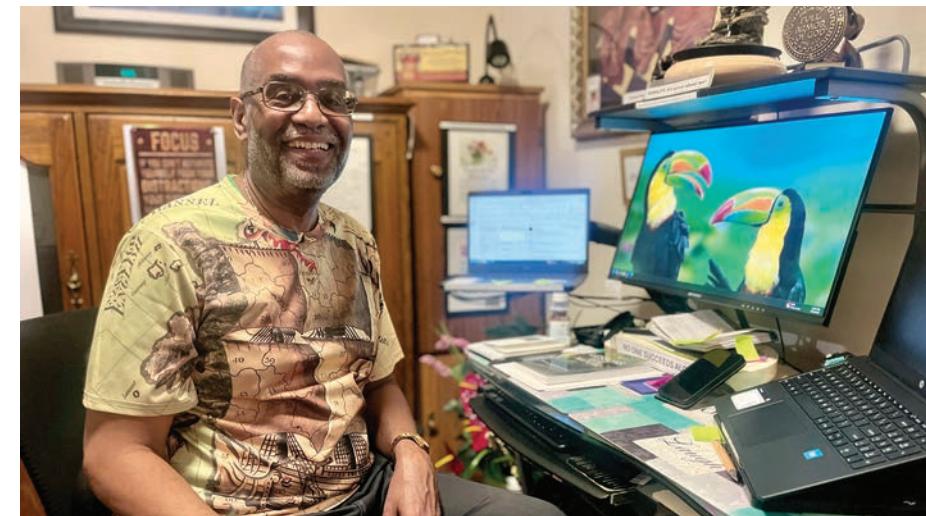
100%
of members
felt an increased
sense of
community



89%
felt supported
by their fellow
Life Story Club
members



59%
reported a
significant decrease
in feelings of
loneliness



Club members report an improved mood, better overall health and strong connections with their fellow members. “Life Story [Club] is wonderful. It brings out a lot of you,” says Michael, 66, of Crown Heights, Brooklyn. “It’s like, okay, all that was in me all this time and it’s now out of me. And you start feeling great about it.”

By the end of the 2025 fiscal year, Citymeals helped form Life Story Club groups across the city in four different languages — English, Spanish, Mandarin and Cantonese. Several of those groups have even met in person for lunch.

TOGETHER, WE CAN END ELDER HUNGER BY 2040



Last year, **8,665** volunteers from corporate groups, **4,687** volunteers from local community groups and **3,111** individual volunteers gave their time to our mission.

VOLUNTEER PROGRAMS

Meal Packing

Assembling food packages at the Joan and Bob Tisch Meal Distribution Center in the Bronx

Meal Deliveries

Delivering meals on foot within walking distance of local older adult centers

Holiday Calls

Connecting with isolated meal recipients for a chat over the phone

Handmade Cards

Crafting cards to deliver on holidays, birthdays and special occasions





PACKING LUNCH FOR MOM

When her company emailed employees about an upcoming volunteer opportunity with Citymeals, Jessica was delighted. "Once I saw 'Citymeals' my eyes lit up," she says. For Jessica, it was like a homecoming. "I get to volunteer and pack meals — the same food I used to go out and deliver."

Jessica's first job was with Goddard's Isaacs Center, one of Citymeals' provider partners. She saw the benefits of the program firsthand. And when she learned that her mother qualified, she helped her sign up to receive home-delivered meals, which helped relieve the burden on their household. Now, years after delivering meals, Jessica gets to see where they come from. "It's come full circle for me," she says.



PRE-MED STUDENT MAKES HOUSE CALLS

As a college student, Penelope has a packed schedule. But between classes, homework and study sessions, she still makes time to head into the heart of Midtown Manhattan and deliver meals to older New Yorkers. "I go whenever I'm available," Penelope says. That means on her few days off or early in the morning, before class. She's studying pre-med with hopes of one day becoming a doctor. "I'm passionate about caring for people," the 23-year-old says. Her volunteer work with Citymeals is an extension of that. She's devoted nearly 200 hours to making meal deliveries. "Just seeing the happy smiles on the people's faces when they receive their meal — that's what keeps me going," she says.

17,000 VOLUNTEERS

30,000 HOURS OF SERVICE

30,000 CARDS MADE

1,500 PHONE CALLS

PARTNERS & SUPPORTERS

Citymeals is about neighbors helping neighbors.

The largest share of our funding comes from generous individual donors from across New York City and beyond. Thank you. We are grateful to our many caring supporters.

We also thank our foundation donors and corporate partners, who have continued to give their time and resources to our mission.

Our work would not be possible without our providers, the meal centers and case management agencies who are our partners in the fight to end elder hunger.



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Lenox Hill Neighborhood House
Meals on Wheels of Staten Island
MJHS
Moriah Older Adult Luncheon Club
Neighborhood SHOPP

New York Foundation for Senior Citizens
New York Common Pantry
NYFTA
OHEL
Open Door Senior Center
jOye! Group
Peter Cardella Senior Citizen Center
QARI
Queens Community House
RAIN Multi Services
Rethink Food
RiseBoro Community Partnership
The Roundtable
Selfhelp Community Services
Services Now for Adult Persons (SNAP)
Special Services for Senior Citizens
Sunnyside Community Services
Stanley M. Isaacs Neighborhood Center (Isaacs Center)
Union Settlement

United Jewish Council of the East Side
University Settlement
West Side Campaign Against Hunger

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FINANCIAL STATEMENT

100% of all contributions to Citymeals on Wheels from the general public are used exclusively for the preparation and delivery of meals. 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.

STATEMENT OF ACTIVITIES

TOTAL SUPPORT AND REVENUE

\$36,400,451

PROGRAM EXPENSES

Weekend Meals	\$14,174,510
Emergency Food Packages	\$2,775,247
Holiday Box Meals	\$650,911
Holiday Meals	\$374,574
Breakfast Box	\$3,600,124
Mobile Grocery	\$427,446
Fresh Produce	\$638,943
Wholesale Meals	\$363,833
Social Connections	\$542,212
Non-Meal Assistance Program	\$32,462
Program Coordination*	\$3,241,829

TOTAL PROGRAM EXPENSES

\$26,822,091

General & Administrative Expenses	\$4,178,254
Fundraising Expenses	\$5,385,642

TOTAL EXPENSES

\$36,385,987

Total Assets	\$85,787,759
Total Liabilities	\$2,188,739

NET ASSET BALANCE

\$83,599,020

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

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