



**SERVING
GOOD
DAILY**

Citymeals on Wheels
2015 Annual Report



SERVING GOOD DAILY...

by the numbers

18,172 meal recipients

2,193,117 hand-delivered meals

1,144,277 pounds of nonperishables
delivered from our warehouse

15,465 dedicated volunteers

68,763 hours of volunteer service

Dear Friends,

In December 2015, Citymeals on Wheels delivered its 50 millionth meal to Florence, a 71-year-old former teacher, homebound on the Upper East Side. There were hugs and flashing cameras and Florence's excitement – a gratifying moment. As we celebrated that milestone, we found ourselves remembering our tentative, determined beginning. That December weekend in 1981 when the late James Beard and I (Gael) rallied our food world friends on the telephone, raising \$35,000 that delivered 6,000 Christmas meals to elderly New Yorkers who would otherwise have gone without. It was the inspiration that became Citymeals. And while our abilities and our goals have compounded and expanded since then, the needs of older New Yorkers continue to grow as well.

The truth is, our number of meal recipients – more than 18,000 this past year – and the amount of meals delivered – over 2 million – keeps rising. And as the senior population of New York City grows to 1.4 million, studies show that 1 in 10 older New Yorkers are not getting the food they need. It reminds us that our most vulnerable neighbors – the ailing shut-ins of the city's five boroughs who can no longer shop or cook for themselves – need us more than ever.

When we visit these neighbors, we are moved by their fragility, their gratitude and their bravery. So many of them are alone, moving about with walkers or canes, far from friends and family, counting on us, because they have no one else. Eighty-year-old Irene who keeps the radio on for company since her husband died. Maria who was so good with newborns in the maternity ward, but never had a child of her own, bent with arthritis and the back pain that surgery didn't help. Harold who wears his favorite baseball cap all day, even to sleep, and begs us to join him for the lunch we deliver.

They may be alone, but they will not be forgotten. Weekend and holiday meals the city cannot afford to deliver are provided by us. We dispatch tens of thousands of shelf-stable meals in emergencies, anticipating blizzards and blackouts. And we



understand that true sustenance goes beyond what is found in the food we bring. Too often, we are the only human companionship our shut-ins will have all week. We try to know them as individuals. And we rally volunteers to visit for those who wish.

As you read on, you'll see that behind every number in this report is a person that counts. Not just an appreciative meal recipient, but also our devoted deliverers, volunteers, coordinators, kitchen teams and chefs, as well as our dedicated board members. As someone who we believe has found gratification in helping us fund these meals, you won't be surprised to know how attached the team that delivers is to the neighbors that depend on them. As always, 100% of all public donations go directly to the preparation and delivery of meals.

As we look back on Fiscal Year 2015, serving good daily remains our bottom line. Thank you for caring.

With gratitude,

Gael Greene
Co-Founder and Chair

Beth Shapiro
Executive Director

SERVING GOOD DAILY... Throughout The Summer



YOUNG PROFESSIONALS

Every month, the Citymeals Young Professionals deliver meals from senior centers in Manhattan. They also organized fundraising events throughout the year – including a summer happy hour at Roof at Park South and a baseball game enjoyed from a Yankee Stadium Party Suite. The Young Professionals raised \$114,352 in Fiscal Year 2015.



FOURTH OF JULY

Citymeals enables our centers to stay open on select holidays, times when our meal recipients often feel especially isolated. This means delivery staff and volunteers can visit with festive nourishing meals. Centers also host special celebrations for those seniors able to leave their homes. We provided 72,350 holiday meals in Fiscal Year 2015.



SWEET SEPTEMBER

Nine iconic culinary establishments across the city designated specific "Sweet September" desserts and pastries with the launch of a new initiative to raise funds and awareness for Citymeals on Wheels.



FRESH PRODUCE

Our Fresh Produce initiative serves our frail aged neighbors in East Harlem, Flushing and Corona who are most at risk for malnutrition because they lack adequate access to fresh fruit and

vegetables. We delivered 8,741 pounds of strawberries, blueberries, nectarines, cherry tomatoes, Italian plums and other seasonal treats in Fiscal Year 2015.



Clarice, 106 years old

Clarice worked as a nurse's aide at Cumberland Hospital where she cared for babies in the postnatal unit. New mothers and colleagues alike relied on her as the one always guaranteed to soothe a crying infant.

Ten years ago, a truck hit her as she crossed the street. The doctors amputated her leg, and she spent six months in the hospital. Confined to a wheelchair ever since, she finds comfort in playing the upright piano in her living room every day.



GUARDIAN PROGRAM

The South Bronx is home to some of the city's most vulnerable older New Yorkers – making it the perfect place to launch the Citymeals Guardian Program. Donors who give \$100,000 or more can fund the preparation and delivery of meals in the neighborhood of their choice. Businessman and philanthropist Leon Cooperman, a South Bronx native, was our inaugural guardian with a generous \$164,000 gift through the Leon and Toby Cooperman Family Foundation.



GRANDPARENTS DAY

Children from around New York City brought nutritious meals, warm smiles and kind words into the lives of the city's homebound elderly to recognize National Grandparents Day. Joined by parents and family members, the children gathered to make special cards for the occasion. In Fiscal Year 2015, volunteers (including children from ten local scout troops and students from 85 public and private schools) created 65,383 handmade cards for their isolated older neighbors.

Nearly 100% of our meal recipients use a cane, walker or wheelchair to assist mobility.

SERVING GOOD DAILY... Throughout The Fall



EMERGENCY FOOD PACKAGES

Our Emergency Food Packages are meant to guarantee our meal recipients will have food in their cupboards, no matter what winter may bring. Every fall our Brooklyn warehouse fills these twenty pound boxes with twelve nonperishable meals – salmon, brown rice, applesauce and more – for each of the older New Yorkers we nourish. In Fiscal Year 2015, we delivered 18,172 of these packages in advance of treacherous winter weather.



STAR AWARDS

The annual STAR Awards honor staff from case management agencies and meal centers, as well as our volunteers, for their outstanding service to the city's homebound elderly. Honorees included Anthony, who has missed only two days of work in the last ten years, and Sky, who called 911 when she discovered a 102-year-old meal recipient experiencing chest pains.



POWER LUNCH FOR WOMEN

Kathie Lee Gifford and Hoda Kotb emceed our 28th Annual Power Lunch for Women, as this by-invitation-only benefit raised \$1.26 million to prepare and deliver meals. Lilliam Barrios-Paoli, former Deputy Mayor for Health and Human Services, and Patricia Wexler, M.D., acclaimed dermatologist and Citymeals Board Member, were honored for their compassion and commitment to our frail aged neighbors.



MARATHON

Team Citymeals raised enough to prepare and deliver over 8,000 nutritious meals through their participation in the TCS New York City Marathon. Board Member Mathew

Glazier joined our young professionals, volunteers, chefs and others in nourishing their neighbors mile by mile.



Victoria, 98 years old

Victoria has lived in the same fourth floor walkup apartment for over fifty years. It was there she cared for her husband day and night after a stroke left him paralyzed and drained their savings.

Now a widow, she faces her own recent stroke alone. And she hasn't left her apartment in more than a year. Determined to remain independent, Victoria worries how little exercise she gets and keeps a careful log of how many steps she takes each day.



THANKSGIVING

In Fiscal Year 2015, Citymeals prepared 17,973 Thanksgiving meals of turkey with all the trimmings to be hand-delivered, as well as 2,235 meals for elderly New Yorkers at senior centers. In addition, fifty meal recipients from throughout the city came together for a Thanksgiving luncheon at Dos Caminos. Though normally unable to leave their homes, these special guests were escorted to the restaurant with the help of staff and volunteers for the rare opportunity to enjoy a holiday party and this delicious sit-down Thanksgiving feast.



50 MILLIONTH MEAL DELIVERY

We marked an extraordinary milestone on December 11, 2014, when Co-Founder and Board Chair Gael Greene and Founding Executive Director Marcia Stein delivered our 50 millionth meal to 70-year-old Florence, a Brooklyn-born former New York City public school teacher who suffers with severe scoliosis and a displaced pelvis. Mayor Bill de Blasio recognized the "unwavering efforts" of our dedicated staff and volunteers in the fight against hunger with a Proclamation declaring the date to be "Citymeals on Wheels Day."

40% of our meal recipients rarely or never leave their homes.

SERVING GOOD DAILY... Throughout The Winter



CHRISTMAS

Nearly 400 volunteers spent Christmas Day doing good, either by delivering meals to their frail aged neighbors or helping at local senior centers. 91-year-old meal recipient Pat observed, "It's so overwhelming because I don't have family – so I really appreciate it from the bottom of my heart. It means more to me than I can say, honestly." More than 8,700 older New Yorkers enjoyed a Christmas meal thanks to Citymeals in Fiscal Year 2015. Additionally, Citymeals delivered 17,006 "Season's Greetings" boxes – each containing three shelf-stable meals – in advance of the holiday.



WEATHER EMERGENCIES

Beginning in January, an unrelenting series of winter storms brought freezing temperatures, snow and ice to New York City. Citymeals stood by to provide our homebound elderly with a sense of security – a vital lifeline of nutritious meals and someone to check on their safety. Throughout January and February we delivered 95,680 shelf-stable meals to ensure our frail aged neighbors would be nourished no matter what unexpected challenges the harsh weather brought.



CHEFS DELIVER ANNIVERSARY

In February, Chef Daniel Boulud, our board co-president, marked the one year anniversary of Chefs Deliver by collaborating with Chef Marcus Samuelsson to create a special menu of fried yard bird (chicken), greens and grits with apple and raspberry clafoutis for 100 homebound older New Yorkers. Each month, this initiative recruits some of the city's best chefs to cook restaurant-quality meals for their frail aged neighbors. All together sixteen chefs prepared 2,250 special meals in Fiscal Year 2015.



Alicia, 101 years old

Alicia's husband passed away twenty years ago. Their only child, Beatrice, died from a heart condition at a very young age. Alicia keeps a faded photograph of her daughter on the small crowded table next to the chair in which she spends her days, always wearing a wool cap "to keep her inside heat inside."

Into her nineties she could still visit her few remaining cousins in Philadelphia. But that was years ago.



MOBILE FOOD PANTRY

Our Mobile Food Pantry provides supplementary meals to our regular recipients who are most at risk for malnourishment. Nearly 80 local schoolchildren and their families "packed the pantry" by filling 118 grocery bags with shelf-stable food like chicken noodle soup and pasta at an event introducing kids to community service. We delivered 46,916 meals through the Mobile Food Pantry in Fiscal Year 2015.



SUNDAY SUPPER AT DANIEL

"Black Truffles and Blue Jeans" saw 150 philanthropic New Yorkers enjoy a late-winter menu highlighting black truffles at Restaurant DANIEL as Chef Daniel Boulud, Citymeals Board Co-President, hosted his 18th Annual Sunday Supper. The event raised \$720,000 to fund the preparation and delivery of nearly 112,150 meals.

57% of our meal recipients live alone
having survived friends, family and even their own children.

SERVING GOOD DAILY... Throughout The Spring



PASSOVER

Throughout the year, Citymeals delivers boxes packed with three shelf-stable meals before major holidays when centers must close. But for Passover we assemble packages filled with Kosher for Passover food like poached salmon, beef brisket, stuffed cabbage, matzo, macaroons and grape juice – the equivalent of eight meals. In Fiscal Year 2015, we delivered 4,295 packages for Passover and 97,714 boxes for other holidays.



VOLUNTEER PARTY

In Fiscal Year 2015, 15,465 volunteers provided 68,763 hours of service to Citymeals. We recognized these individuals who help us deliver meals and companionship to our homebound elderly neighbors at our annual volunteer party. More than 200 generous New Yorkers dedicated to improving the lives of the city's most vulnerable population attended this celebration. Among those honored at the event were six women who have each been volunteering with Citymeals for ten or more years.



HARLEM EATUP!

Upper Manhattan was abuzz with excitement during Harlem EatUp!, a four-day festival celebrating the food, culture and spirit of the neighborhood. Each year, we deliver almost 200,000 meals to the frail aged residents of East, West and Central Harlem. Because of our impact, Citymeals was chosen to be one of the two charity beneficiaries for all festival events. Through our partnership, Citymeals also organized nearly 250 New Yorkers who volunteered during the festival.



Agustin, 101 years old

Agustin left Puerto Rico for New York City in 1938. With no formal schooling and a tremendous drive to succeed in his new home, he taught himself English. He ultimately found work as a dancer and guitarist.

Agustin and his wife traveled the world until her death 22 years ago. He then moved in with his son, until he too sadly passed away. His daughter, now in her seventies, no longer lives in the city. Agustin looks forward to those days when they work on a crossword puzzle together over the phone.



CORPORATE VOLUNTEERS

Although corporate groups volunteer throughout the year, many local companies focus on community outreach in the springtime, seizing the opportunity to engage their staff in team building activities while they have a chance to enjoy the warmer weather. Citymeals plans corporate volunteer activities from small outings to company-wide days of giving. Staff members from a range of corporations deliver meals, create handmade greeting cards and pack shelf-stable food boxes for their homebound elderly neighbors.



CHEFS' TRIBUTE

Nearly fifty legendary chefs gathered at the Rockefeller Center Plaza for Cheftopia: The 30th Annual Chefs' Tribute to Citymeals on Wheels. For this landmark anniversary, Citymeals honored the event's founding chefs Larry Forgione and Jonathan Waxman who, thirty years ago, conceptualized the event as a birthday celebration for Citymeals Co-Founder James Beard. With dishes inspired by tomorrow's food trends, the event raised over \$880,000 to provide more than 137,000 nutritious meals to homebound elderly New Yorkers.

34% of our meal recipients are men.

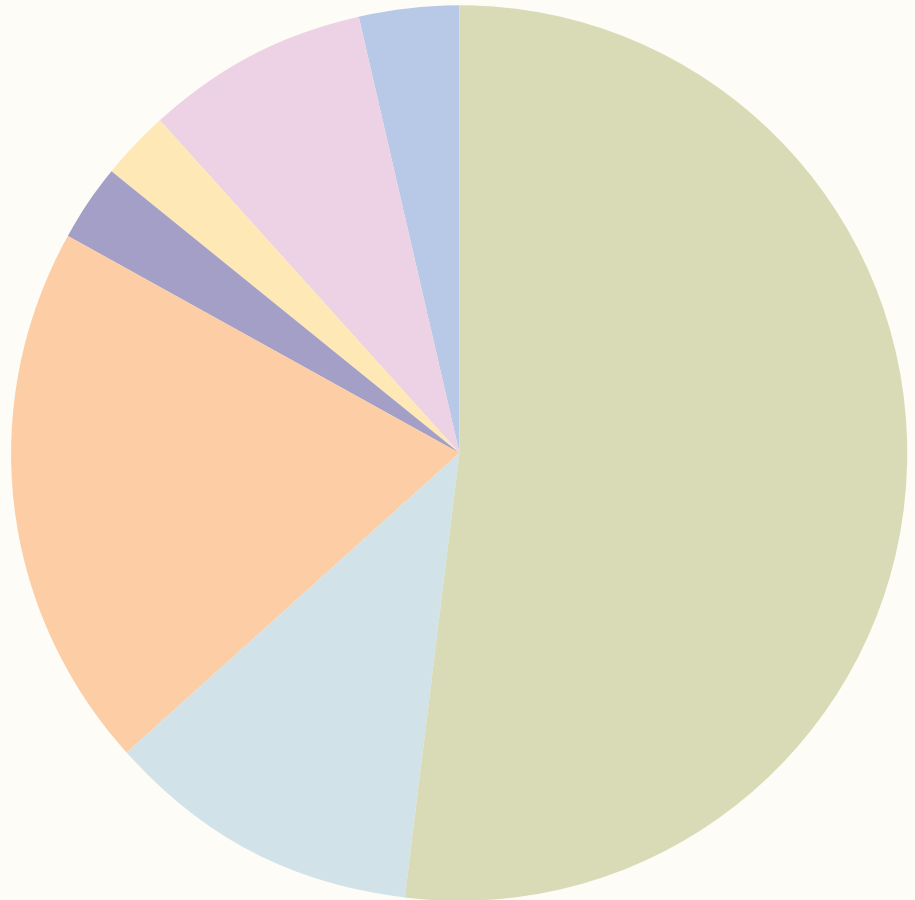
RESTRICTED FUNDS SPENT

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 2015.

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.

Funds Spent Breakdown

- Weekend Meals – \$ 8,737,836
- Emergency Food Package Meals – \$ 1,953,945
- Holiday Box Meals – \$ 3,276,635
- Holiday Meals – \$ 510,622
- Mobile Food Pantry – \$ 397,359
- Program Coordination – \$ 1,377,380
- Friendly Visiting – \$ 562,885
- Total Program Expenses – \$ 17,014,873**



Funded Items < 1%

Case Management
\$ 94,000

Non-Meal Assistance Program
\$ 23,042

Fresh Produce Program
\$ 81,169

NUMBER OF MEALS FUNDED

Weekend Meals

1,461,880

Emergency Food Package Meals

218,064

Holiday Box Meals

393,907

Holiday Meals

72,350

Mobile Food Pantry

46,916

=

Total Meals Served

2,193,117

STATEMENT OF ACTIVITIES

Total Support & Revenue **\$ 20,069,177**

PROGRAM EXPENSES

Weekend Meals \$ 8,737,836

Emergency Food Packages \$ 1,953,945

Holiday Box Meals \$ 3,276,635

Holiday Meals \$ 510,622

Mobile Food Pantry \$ 397,359

Program Coordination* \$ 1,377,380

Friendly Visiting \$ 562,885

Case Management \$ 94,000

Non-Meal Assistance Program \$ 23,042

Fresh Produce Program \$ 81,169

Total Program Expenses **\$ 17,014,873**

General & Administrative Expenses \$ 2,366,158

Fundraising Expenses \$ 2,101,647

Total Expenses **\$ 21,482,678**

Total Assets \$ 32,018,360

Total Liabilities \$ 741,144

Net Asset Balance **\$ 31,277,216**

*Includes Client Intake, Senior Chat, Senior Script, and other Program Services

Information extracted from the audited financial statement provided by McGladrey & Pullen, LLP, certified public accountants.

CITYMEALS ON WHEELS BOARD OF DIRECTORS

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*Past President

**Ex Officio

***Founding Executive Director

SERVING GOOD DAILY...

how we do it

MEAL PROGRAMS

Citymeals delivers weekend, holiday and emergency meals to our most vulnerable neighbors

Weekend Meals

Saturday and Sunday meals delivered by hand each week

Holiday Meals

Festive meals delivered on select major holidays

Holiday Boxes

Boxes with three nonperishable meals delivered before major holidays when our centers must close

Emergency Boxes

Boxes with three shelf-stable meals for when emergencies like blizzards, blackouts or hurricanes may delay regular deliveries

Emergency Food Packages

Special packages containing the equivalent of 12 nutritious meals shipped each fall in advance of treacherous winter weather

Mobile Food Pantry

A weekly bag of shelf-stable food provided to those most at risk of malnutrition

Fresh Produce

Locally grown fruit and vegetables for neighborhoods without adequate access

VOLUNTEER PROGRAMS

Citymeals has established a network of compassionate individual, corporate and community group volunteers

Meal Deliveries

Delivering meals on foot within walking distance from local senior centers

Friendly Visiting

Pairing kindhearted individuals with homebound neighbors in need of company

Handmade Cards

Crafting cards to deliver on holidays, birthdays and special occasions

Senior Chat

Contacting our isolated elderly over the phone to "visit" in a weekly call

Senior Script

Responding to mail from our meal recipients with warm personalized letters

Kitchen Helpers

Packaging and serving meals at local senior centers



CITYMEALS

ON WHEELS

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Citymeals on Wheels • 355 Lexington Avenue • New York, NY 10017-6603 • Tel 212-687-1234 • Fax 212-687-1296 • www.citymeals.org