

SERVING GOOD DAILY



CITYMEALS
ON WHEELS

Citymeals was founded in 1981 when caring New Yorkers – led by famed New York Times restaurant critic Gael Greene – realized that the homebound elderly often had nothing to eat on weekends, holidays and during emergencies. They reached out to the culinary community to raise funds to supplement the government-funded weekday meal delivery program.

Today, Citymeals on Wheels delivers over 2 million meals annually to almost 22,000 older New Yorkers who can no longer shop or cook for themselves. Since 1981, Citymeals has delivered almost 70 million meals.

Citymeals provides a continuous lifeline of nourishing meals and vital companionship, helping our meal recipients live with dignity in their own familiar homes and communities. As a designated emergency responder, Citymeals ensures the city's older adults remain nourished in times of crisis. During the Covid-19 pandemic, we delivered over 6 million meals to the most vulnerable New Yorkers.

Thanks to the City of New York, our board members and certain designated grants for administrative expenses, we are able to promise that 100% of all donations will be used entirely for the preparation and delivery of meals.

FACTS AND FIGURES

- New York City is home to over 1.7 million people over the age of 60. Today, elderly New Yorkers outnumber school-age children. The city's older population is expected to grow 40% by 2040.
- The number of people age 85 and older is growing fastest. Among our meal recipients, more than half are over 80 years old, nearly 20% are over 90 and almost 400 have lived at least a century.
- One in 10 New Yorkers over the age of 60 is food insecure – lacking reliable access to affordable and nutritious food.
- All our meal recipients are over 60 years of age and chronically disabled by conditions such as vision loss, diabetes, arthritis and heart disease. All need assistance with walking: 66% use a cane, 39% use a walker and 16% use a wheelchair.
- 57% of our meal recipients live alone with 40% rarely or never leaving their homes; 8% have no one with whom they can talk on a regular basis other than their meal deliverer.
- 63% of our meal recipients are women. They tend to live longer than men, suffer from a lifetime of income disparity and often outlive potential caretakers including spouses, friends and their own children.
- Nearly 10% of our meal recipients are veterans.
- Research shows that people receiving home-delivered meals report improved health, fewer falls, less feelings of isolation, loneliness and anxiety about being able to remain in their own homes.
- 92% of seniors receiving meals on wheels say it enables them to remain living at home.
- Nationally, a year of home-delivered meals costs roughly the same as one day in the hospital.

CITYMEALS DELIVERS

Weekend Meals

Hand-delivered meals for Saturday and Sunday

Holiday Meals

Festive meals delivered on select major holidays

Holiday Boxes

Ready-to-eat meals delivered before major holidays when our centers must close

Emergency Meals

Bags with three meals for when emergencies like storms, extreme weather or power outages may delay regular deliveries

Emergency Food Packages

Special packages containing supplemental food delivered twice a year in advance of harsh weather

Mobile Food Pantry

Additional nutritious food provided to those most at risk of malnutrition

VOLUNTEER PROGRAMS

Meal Deliveries

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

Meal Packing

Assembling food packages at our Citymeals Distribution Center in the Bronx

Social Calls

Connecting with isolated meal recipients for a weekly telephone chat

Handmade Cards

Crafting cards to deliver on holidays, birthdays and special occasions

