



MEALS **on** WHEELS
SAN DIEGO COUNTY

A NEW ERA



IMPACT REPORT

October 1, 2024 - September 30, 2025

Dear Meals on Wheels family,

We turned 65 in 2025—and 65 never looked so good! It was our first full year in our new Kitchen and Senior Innovation Hub in Kearny Mesa, and we also relocated our East County service center.

Even in a year full of change, our clients never missed a meal—and in fact, we welcomed a record number of clients and are serving more seniors than ever.

Sometimes, everything has to change for things to stay the same. The dramatic growth in the senior population meant we had to expand our infrastructure and streamline operations—but the heart of our work remains unchanged: a friendly knock, a nourishing meal, and a moment of conversation and care.

Our volunteers and supporters—people like you—made this growth possible. Thank you for being part of this thrilling ride of audacious growth and for supporting us as we innovate in this New Era.

The future for seniors in San Diego is brighter with you in it!

Best Regards,



This past year, Meals on Wheels San Diego has touched countless lives across our community.

Every meal we deliver comes with more than just nourishment—it brings connection, conversation, and care, helping seniors and disabled veterans feel seen and supported. None of this would be possible without the generosity, dedication, and compassion of our donors, volunteers, and staff. Thanks to their support, we've been able to expand our services, strengthen our community partnerships, and create programs that truly meet the unique needs of each person we serve.

We are grateful for every contribution that makes this important work possible, and we're excited to share the result of these efforts in our Fiscal Year 2024–25 Impact Report.

Warm Regards,



Welcoming Our New Board Members!

We are thrilled to welcome our newest board members! Their leadership, expertise, and dedication will help advance our mission and strengthen the impact we make in our community.



New Board Members:

- **Leslie Abrigo**, Founding Attorney, Genesis Law Firm
- **Ryan Belmer, CEPA**, Sr. Portfolio Management Director and Senior VP, Morgan Stanley
- **Sara Carroll**, Project Management Supervisor, Ulteig
- **Darrah DiGiorgio Johnson**, Leadership Coach + Executive Advisor | Facilitator | Speaker
- **Stacey Kartchner**, Senior Counsel, Klinedinst
- **Beth Murray**, Community Volunteer
- **Natalie Sherod, CPCU, CIC**, Risk Manager and Insurance Advisor, Cavnagac
- **Heather Whitley-Quinn**, VP of Human Resources, Manpower

We are excited for the vision, experience, and commitment they bring to our board, and we look forward to the incredible contributions they will make.

IMPACT AT A GLANCE 2024 - 2025



MEALS DELIVERED

709,309

23,373,865 SINCE 1960



INCREDIBLE VOLUNTEERS

3,956

VOLUNTEER HOURS

118,668

VISITS BY VOLUNTEERS

388,030



CLIENTS SERVED

4,476

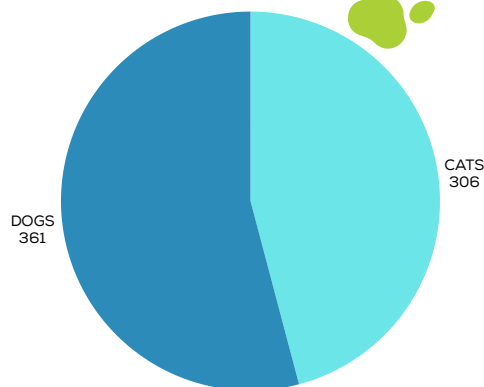
MILES DRIVEN

690,412

- CLIENTS WHO LIVE ALONE = 1,694
- ARE VETERANS OR SPOUSES OF VETERANS = 1,239
- OVER THE AGE OF 85 = 1,383
- OVER THE AGE OF 100 = 29

PETS SERVED

667



OUR FINANCIALS 2025

FISCAL YEAR 2025 FINANCIAL REPORT

October 1, 2024 - September 30, 2025

INCOME:

CONTRIBUTIONS*:	\$4,611,241
PROGRAM FEES:	2,576,641
SPECIAL EVENTS:	780,409
INVESTMENT RETURN, NET OF FEES:	497,340
GOVERNMENT GRANTS:	2,438,060
OTHER INCOME:	286,775
GAIN ON SALE OF PROPERTY & EQUIPMENT:	1,575,136
TOTAL:	\$12,766,602

EXPENSES:

PROGRAM SERVICES:	\$10,364,987
FUNDRAISING:	915,760
ADMINISTRATIVE:	1,078,564
SPECIAL EVENTS:	144,725
TOTAL:	\$12,504,036

CHANGE IN NET ASSETS: 262,566

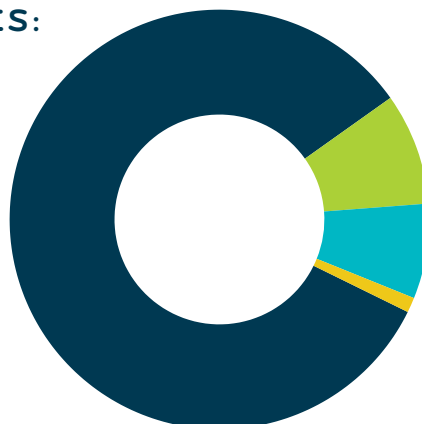
*Includes \$1,328,118 in bequests

INCOME:



36%	●	CONTRIBUTIONS
20%	●	PROGRAM FEES
19%	●	GOVERNMENT GRANTS
13%	●	GAIN ON SALE OF PROPERTY & EQUIPMENT
6%	●	SPECIAL EVENTS
4%	●	INVESTMENT RETURN, NET OF FEES
2%	●	OTHER INCOME

EXPENSES:



83%	●	PROGRAM SERVICES
9%	●	ADMINISTRATIVE
7%	●	FUNDRAISING
1%	●	SPECIAL EVENTS



Learn More About Volunteering

VOLUNTEER SPOTLIGHT

Kathy

For Kathy, San Diego has always been home. Raised in a community where neighbors looked out for one another, she grew up with a strong sense of connection and care for those around her.

Now retired — and jokingly “a little bored of retirement” — Kathy found herself seeking purpose and a way to give back to the city that shaped her. Volunteering for Meals on Wheels San Diego County became the perfect fit.

Volunteering three to four days a week in San Diego’s Metro area, Kathy has built deep relationships with the seniors she serves. While delivering meals is her official role, Kathy knows her impact goes far beyond the food. “If they want to talk, I’ll always make time for them,” she says. Over time, those conversations have turned into genuine bonds built on trust, familiarity, and care.

One of the most meaningful relationships Kathy has formed is with a 94 year old client named Betty. Early on, the two discovered they shared something deeply personal — both are breast cancer survivors. That shared experience created an immediate understanding. “We just spoke the same way,” Kathy recalls. “We used a lot of the same phrases. It felt natural.” **Betty often told Kathy that they were destined to be friends.**

As their bond grew, so did the trust between them. Kathy became someone Betty could rely on, not just for meals, but for support and reassurance. On some visits, Kathy would help Betty organize her medications for the week, taking the time to ensure everything was in order. These moments, though quiet and routine, meant everything. They reflected dignity, safety, and the comfort of knowing someone truly cared.

Even after Betty transitioned to a nursing home, Kathy continued to show up. Outside of her scheduled meal deliveries, she visits Betty just to spend time together, often bringing cookies, sitting with her, and catching up like old friends. These visits are a reminder that Meals on Wheels is about more than nutrition; it’s about lasting human connection.

“Meals on Wheels is their only contact,” Kathy explains about the clients on her route. **“Everyone we deliver to is left with a smile, and that’s what matters. You get your food and you get a smile — what more can you ask for out of life?”** For Betty, and so many others, that smile comes from knowing someone cares enough to come back, even when they don’t have to.

CLIENT HIGHLIGHT *Alycia & Jessie*

Meals on Wheels clients Jessie and Alycia's story is one of love, generosity, and the joy of connection.

Originally from Ohio, Alycia moved to California as a young woman, eventually making San Diego her home. Her first job in the city was at a bar off Ocean View Blvd in Southeast San Diego. It was there, on her very first night, that she met Jessie.

Jessie, a Vietnam veteran drafted in 1965, is a quiet, steady presence, thoughtful, observant, and deeply devoted. Where Alycia's warmth radiates outward, Jessie's love shows up in commitment and care. They married soon after meeting, honeymooned in Okinawa in 1970, and built a life together rooted in partnership and devotion. They raised two children, a daughter and a son. Today, their daughter and granddaughter live with them and provide daily support, a reflection of the strong, loving family they built together.

Now in their later years, Jessie and Alycia face the challenges that come with aging. Alycia uses a wheelchair and is largely homebound, while Jessie spends much of his time undergoing dialysis. These changes have reshaped their daily lives, and both deeply miss aspects of the life they once knew. For Alycia, being homebound has meant losing a tradition that once brought her great joy.

From a young age, Alycia felt a strong desire to brighten others' days. By her late 20s, she had found a special way to do just that: handwritten notes. She wrote thank-you notes and small messages of appreciation, personally handing them to bus drivers, servers, and cashiers she met along the way. A true sticker enthusiast, Alycia often embellished her notes with colorful stickers, a joyful touch that perfectly reflects her thoughtful spirit. One server she often connected with even shared that he kept a note she gave him taped to his bedpost, a small but meaningful reminder of her kindness.

Jessie and Alycia joined Meals on Wheels initially to help stretch their grocery budget further—but the program has given them far more than meals. Through Meals on Wheels, personal connection arrives right at their door.

Volunteers bring not only nourishment, but warmth, conversation, and consistency. In true Alycia fashion, she continues her lifelong tradition of giving thanks, offering her handwritten notes to the volunteers who visit. Even now, she finds ways to uplift others.

"Besides the meals, it's just your volunteers. They are amazing and kind," Alycia shared.

"However dark your day may be, when your Meals on Wheels volunteer comes, there is a smile, and there is this beautiful light surrounding them."

Jessie watches proudly as Alycia shares her notes with the volunteers, his love clear in the way he looks at her, still amazed, still devoted.

Their daughter, appreciative of the daily visits to her parents, especially Alycia who has a hard time leaving the house nowadays, sees the impact, too. "Thank you for giving me my mom back," she shared.

It's our pleasure ...



Jessie, 79
Alycia, 78

STRONGER TOGETHER

Partnerships that move us forward

GARY AND MARY WEST FOUNDATION

During the fiscal year, support from the Gary and Mary West Foundation helped Meals on Wheels San Diego County build the foundation for the Senior Innovation Hub, an integrated care partnership with ElderHelp and Challenge Center. The grant launched a shared volunteer pipeline, enabling meaningful connections like Paula, a Meals on Wheels volunteer who became an ElderHelp Friendly Visitor for an older adult who had waited months for companionship. Both described the match as something that “felt meant to be,” and their relationship has since helped reduce isolation and restore joy. This investment also supported intentional planning and alignment across partner organizations to ensure long-term sustainability. Building on this momentum, the next phase will focus on deeper care navigation analysis and system integration to expand coordinated support for older adults across San Diego County.

EXPANDING ACCESS THROUGH STRATEGIC PARTNERSHIPS

Funding through the Older Californians Nutrition Program, supported by the County of San Diego, allowed us to reach older adults who were previously underserved by traditional meal delivery. Through targeted collaborations, we expanded how—and where—we serve seniors.

Community Partnerships Included:

- Borrego Springs Youth and Senior Center – Established a reliable nutrition service in a remote, rural community, overcoming long distances and limited food access while reducing isolation.
- George G. Glenner Day Centers – Integrated meals into adult day programs for seniors living with Alzheimer’s and other dementias, strengthening continuity of care through aligned nutrition and therapeutic support.
- San Pasqual Band of Mission Indians – Partnered with tribal leadership to develop a community-driven model improving access for tribal elders.

STRENGTHENING INFRASTRUCTURE FOR THE FUTURE

Additional funding from the California Department of Aging supported major commercial kitchen upgrades—including steam ovens, blast chillers, and a tilt skillet. These investments enabled us to scale operations with our partner TRIO, marking a significant evolution in our business model and positioning us to serve more seniors efficiently and sustainably.



BORREGO SPRINGS
YOUTH AND SENIORS CENTER

SAN PASQUAL BAND



OF MISSION INDIANS



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Thank you to each of the donors listed below for cash and in-kind donation to get us through the year. Between October 1, 2024 and September 30, 2025, thousands of donors supported MOW, the majority of whom aren't listed below but who keep our wheels turning every month.

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