Good nutrition is the foundation upon which independent living is built. Helping seniors remain healthy and independent by providing nutrition programs; both home delivered and in senior centers, remains the highest service priority for Counties and Area Agencies on Aging.

**Utah by the numbers:**

- **2,007,669** total meals provided in 2013
- **20,225** seniors received: Congregate Meals
- **10,115** seniors received: Meals on Wheels
- **810,439** Congregate Meals
- **1,197,230** Meals on Wheels

Nearly 50% of American seniors receiving Meals-on-Wheels are in poverty & at high nutritional risk. Nearly 60% rely on their meal at senior centers for half or more of their total food for the day.

Local government support for nutrition programs regularly exceeds the 15% match requirement.

Utah seniors donate over 20% of the total cost of the meals program.

**Funding Requested:**

$400,000 in ongoing funding for 12 local Area Agencies on Aging to provide nutrition programs (Meals-on-Wheels & Senior centers) for Utah’s senior population.

(Add to Base Budget of Aging & Adult Services – Human Services Department)

*For every $1 invested in Meals-on-Wheels, up to $50 could be saved in Medicaid.*

*With a modest investment in home-delivered meals, a state can reduce its percentage of nursing home residents. By reducing the number of current low-care nursing home residents, Utah can reduce its annual Medicaid expenditures.*

A senior can receive a meal five days per week for an entire year for the same cost as one day in a hospital or six days in a nursing home.

*The Center for Effective Government/Brown University*