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:**

- 1,967,893 total meals provided in FY2013
- 23,102 seniors received meals
- 777,379 Congregate Meals
  - (6.5% of 60+ population in Utah)
- 9,740 seniors received meals on wheels
- 1,190,514 Meals on Wheels
  - (2.7% of 60+ population in Utah)

83% of seniors receiving Meals on Wheels in Utah said the meals helped them to continue to live at home.

Helping seniors remain in their homes saves nursing home Medicaid expenditures.

An estimated 112,000 volunteer hours (54.0 F.T.E.'s) valued at $2.5 million are being contributed each year to operate meal programs.

**Senior Meal Program Funding Sources**

- Local government funding: 35.2%
- Federal funding: 31.1%
- Senior Contributions: 19%
- State funding: 14.7%

Legislative funding requested:

- $500,000 in ongoing funding for 12 local Area Agencies on Aging for Meals-on-Wheels & senior center meals for Utah’s senior population.
- $300,000 one-time funding is in the current budget. Without ongoing funding, 70,000 meals will not be provided to approximately 475 seniors currently within the program.

(Add to Base Budget of Aging & Adult Services - Humans Services Department)

For more information:
www.mountainland.org/aging/funding