

# Nutrition for vulnerable seniors

Allows 3,800 vulnerable older adults to keep receiving 456,500 meals each year and addresses the growing need and costs for the program commonly known as Meals on Wheels. This aligns with the “Engagement” priority in the governor’s WISE initiative.

<b>\$4,200,000</b>	<b>\$0</b>
One-time FY26	Ongoing
General Fund	General Fund

## Supporting older adults with food

Meal delivery can mean the difference between independent living at home or costly institutional long-term care.

Hunger and isolation jeopardize the health and well-being of Utah's older adults and place a significant strain on our state's health care system and economy.

One-time state and federal funding has allowed the program to keep pace with significantly increased operating costs and client growth. These one-time funds expire in FY25. If the expiring funding is not replaced, the result will be a decrease of 456,500 existing meals served to 3,800 older adults in Utah.

## Increased demands and costs

**Since 2018, the number of older Utahns receiving meals has increased by 27%.**

**Since 2018, total meals served to older Utahns has increased by 303,400 meals or 27%.**

**Since 2018, the cost for each meal served has increased by 31%.**

**Funding will allow us to keep providing 456,500 meals to older adults in Utah through home-delivery and senior center meal programs.**

A typical **Meals on Wheels** client is a woman in her late 80s who does not have much contact with her family and community. The meal delivery driver may often be the only person she sees in a day.

Eating **meals served in senior centers** provides older adults opportunities for social engagement. Senior centers also provide classes and activities that improve health and connection.

