



## Did You Know?

Volunteers are the heart and soul of Meals on Wheels Spokane.

- Our volunteers tirelessly serve the seniors in our community. We have over 400 volunteers that deliver 600 meals daily – rain or shine, pandemic or not.
- We serve Spokane communities.
- 87% of our seniors live below the poverty line.
- 58% of our seniors eat alone.

## We Use Your Contributions Wisely



If you have questions about your giving, we are here to help! You can reach us at 509-456-6597.

If you or someone you know needs our assistance, please call us at 509-456-6597.

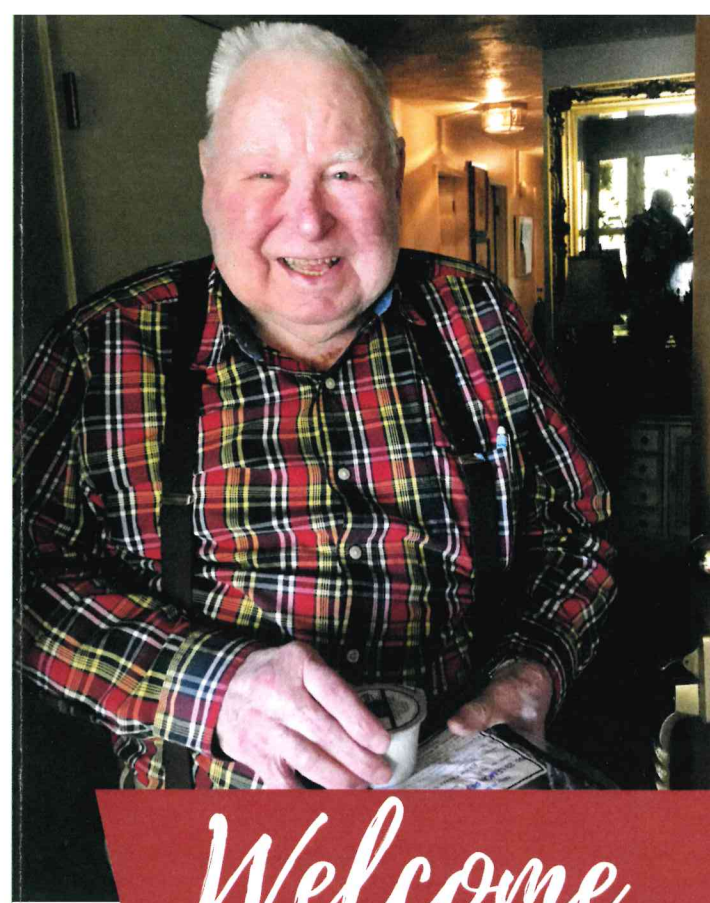


Meals on Wheels Spokane  
1222 West 2nd Avenue  
Spokane, WA 99201  
[www.mowspokane.org](http://www.mowspokane.org)

See your gift in action and keep up with our work! Connect with us:

 @MealsOnWheelsSpokane

 @MealsOnWheelsSpokane



# Welcome

## Welcome to the Meals on Wheels Spokane Family!

## We are so grateful for your generosity!



## BECAUSE OF YOU, WE ARE ABLE TO:



Provide  
**200,000**  
hot, nutritious meals  
last year



Serve  
**600**  
people daily



Aid in **appetite relief** &  
distribute essential nutrients  
and minerals through our  
Liquid Nutrition Program



Deliver **59,000**  
pet meals through  
our Pet Food  
Program



Help **alleviate  
social isolation**  
through our Care  
Management  
Department

*Thank you* for helping to provide home-delivered, nourishing meals, and other supportive services, to our community's homebound seniors.

**Your generous gifts make our work possible!**

With your generosity, seniors in Spokane don't have to choose between food, rent or medications. Thank you!

**MISSION:** TO SUSTAIN THE INDEPENDENCE OF THOSE WE SERVE BY PROVIDING SERVICES AND ACTIVITIES REGARDING NUTRITION, ADVOCACY, EDUCATION AND RECREATION THROUGH THE MEALS ON WHEELS SPOKANE PROGRAM AND THE MID-CITY CONCERNS SENIOR CENTER.

## Meals on Wheels Spokane Seniors appreciate you!

*I have out-lived my family. Thanks to Meals on Wheels, I can have a healthy meal delivered by kind people.*

*I cannot drive for groceries or use my stove. As long as I have Meals on Wheels, I can stay in my own home and have good food.*

Together, we will continue to make an impact on the lives of the many isolated, homebound neighbors in Spokane communities!

Thank you for your generosity!

*Owen Esperas*

Owen Esperas  
Executive Director