

Facts About Meals on Wheels by ACC

- Until recently, Meals on Wheels was operated by Sacramento County. County officials approached the Asian Community Center of Sacramento Valley (ACC) about taking it over, part of an overall plan to privatize some county services in the wake of severe budget cuts.
- Meals on Wheels is a senior nutrition program that provides hot and cold nutritious meals and personal contact to frail, homebound seniors through home deliveries. It also provides hot nutritious lunches to active seniors throughout Sacramento County at one of 22 cafe sites.
- Except for a new name — Meals on Wheels by ACC — for now the program will remain unchanged, including menus, meal delivery and the program's overall structure. There are plans to eventually incorporate more new recipes and items into the menus.
- The ACC, a tax-exempt nonprofit, has extensive experience providing services to senior citizens and their family caregivers. It already operates a transportation program, nursing home and independent care living facility, as well as provides health and social programs for older adults.
- Before ACC accepted responsibility for managing Meals on Wheels, it performed an in-depth analysis of its ability to obtain funding and adapt to potential increases in demand for Meals on Wheels services.
- The bulk of funding for Meals on Wheels by ACC is through grants from the federally backed Area 4 Agency on Aging. Some grants are also provided from cities and the county. It also relies on donations.
- Meals on Wheels by ACC started operation on July 1, 2010. Each day, it serves about 1,350 frail, home-bound seniors with home-delivered meals and between another 650 and 700 seniors at 22 cafe sites.
- Nationwide, Meals on Wheels plays an essential role in helping frail elders maintain their independence and avoid costly residential or even nursing home care.
- About 300 people volunteer for Meals on Wheels by ACC, which is administered by a staff of 19.
- To volunteer or find out more information about Meals on Wheels by ACC, call (916) 444-9533 or visit www.mowsac.org. For information about ACC, visit online at www.accsv.org.

###

