



Taste of the Mountains

QUICK FACTS

Our Current Program

- Approximately 100 seniors are registered for the Home Delivered Meals program and we always have a waiting list.
- 84% of home delivered meal recipients live alone.
- The private pay cost of a home delivered meal is \$6.93.
- Individuals currently served are at moderate to high risk for functional impairments (96%), and therefore unable to physically prepare a meal on their own; and 95% are at moderate to high nutritional risk.

Nutrition & Benefits

- For almost 50% of recipients, our home delivered meals provide 1/2 or more of their daily food intake and is often the only hot, prepared meal they get each day.
- Nutrition services promote physical health and well-being for participants but, more importantly, it decreases social isolation and offers a regular wellness check.
- Home delivered meals can be provided to a recipient for nearly 7 years for the cost of just one month in a nursing home.

Volunteer Opportunity

- 30+ volunteers deliver meals each week to seniors in the community.
- Meals are delivered 5 days/week, Monday through Friday.
- Volunteers deliver shelf-stable emergency meals at the beginning of winter so recipients will have meals even during bad weather.



GENERATIONS
Home Delivered Meal Program
www.generationsashe.org