

**Our financial goal** each year is to cover our costs and not generate deficits or surpluses. It costs us **\$5.63** for each site-delivered meal, and **\$6.18** for each home-delivered meal. MANP is a “participative” program. That means it is not entirely funded by the government, but relies heavily on each individual community and each individual that receives a meal to help pay for that meal. In fact, individual donations are the largest source of funding that we have. MANP receives **40% of its funding from individuals’ donations, 53% of its funding from federal and state tax dollars, and 7% from counties.** Despite relying so heavily on donations from individuals, MANP never denies a meal to anyone in need.



We urge you to give when you can, volunteer when you can, and reach out to your own neighbors in need.



**Mid-America Nutrition Program** was established in 1984 to help our aging populations remain independent in their own homes. The federal government has partially funded the senior nutrition program with the stipulation that we not turn anyone 60 or older away whether they are unable or unwilling to donate toward the cost of their meals. The state and county governments have also contributed to assist in providing



A nationwide celebration of neighbors serving neighbors

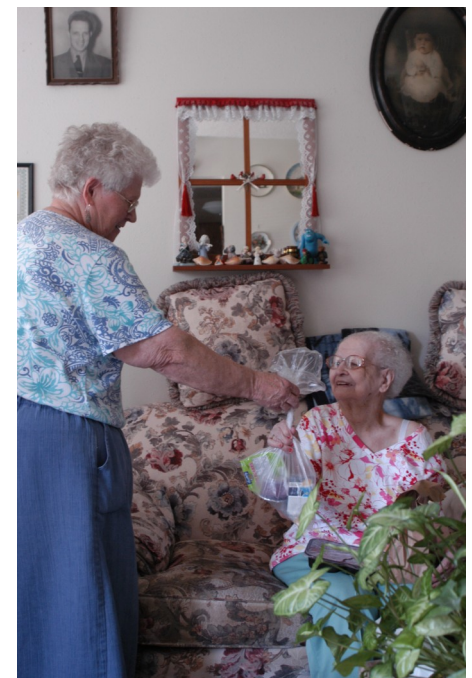
[www.marchformeals.com](http://www.marchformeals.com)

meals to seniors. The funding we receive covers roughly 60% of the cost of each meal we serve. The remaining 40% must be covered by donations and fundraising. Would you join us in our mission to end senior hunger?

WE ARE  
**Meals On Wheels**  
*So no senior goes hungry™*

## MID-AMERICA NUTRITION PROGRAM, INC.

1538 N. INDUSTRIAL AVE  
OTTAWA, KANSAS 66067  
785-242-8341



TEL: 1-800-223-MEAL (6325)



## WE ARE...

**We are** connected to seniors—they are members of our families, our friends, our neighbors, part of our community.



**We are** a network of volunteers. We know that being connected can mean

the difference between hope and despair or even life and death.

**We are** on the frontlines every day serving over 180,000 meals to seniors across our 6-county region every year. We know that we are delivering more than meals. We have seen that in the faces of the seniors we touch.

**We know** what hunger looks like too.

And we know that over 7.5 million seniors in America today are facing the threat of it, because they are not getting the nutritious meals they need.

**We are** working every day to put an end to senior hunger by delivering nutritious meals and providing compassion to seniors in communities across east central Kansas.

## You may know him.

Olivet, Kansas is not the end of the world, but you can see it from there. Why would Mr. G want to live there? Why not move to a nearby assisted living where he could get meals and have company? Olivet is Mr. G's home. He has lived there in his modest home for decades. He is a shy, unassuming man who now finds it impossible to leave home without assistance. He doesn't like crowds or strangers. He is comfortable in his little house. Staying in his home is becoming increasingly difficult. Olivet is a food desert: no grocery store or café. Thankfully an acquaintance knew about Meals on Wheels and made a referral. With the help of a volunteer, Mr. G will have food delivered to his home each week. He has no money to pay for the meals but Mid-America Nutrition will provide them anyway.

You can help. Across Kansas and across the United States there are seniors like Mr. G struggling to remain in their homes. Your gift to Meals on Wheels will help pay for the meals a volunteer will deliver to Mr. G.



Your gift of \$20 will provide a healthy balanced meal every day for a week to Mr. G. A gift of \$1000 will feed him every day for a year.

You can make a difference in the life of a senior! \$20 won't feed a couple for a day but it will feed a senior for a week. \$1,000 won't pay for a day in the hospital but it will feed a hungry senior for a year in their own home.

To donate to Mid-America Nutrition Program and support Meals on Wheels call 785-242-8341 or go to [www.midamericanutrition.org](http://www.midamericanutrition.org). With your help, we can end senior hunger in our lifetime.

## Every \$1 invested in Meals on Wheels



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## Up to \$50 in future Medicaid spending\*

The [Center for Effective Government](#) recently found that for every \$1 invested in Meals on Wheels programs, there is up to a \$50 return in Medicaid savings alone. **By keeping people in their own homes, Meals on Wheels can feed a senior for an entire year for about the same cost as a 24-hour hospital visit or a six-day nursing home stay.**