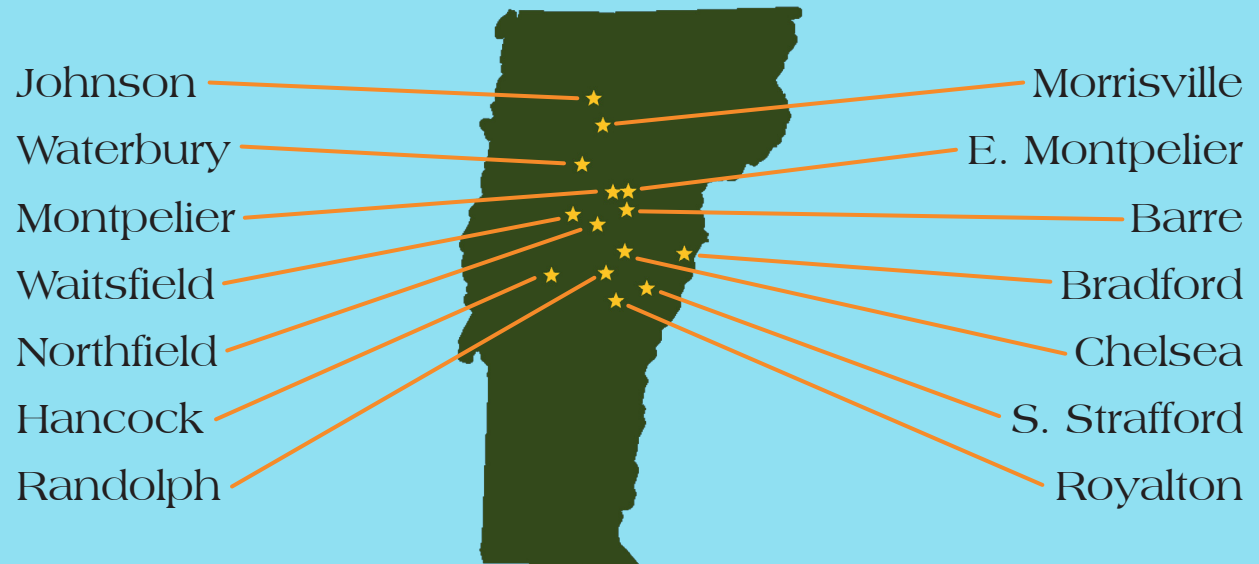


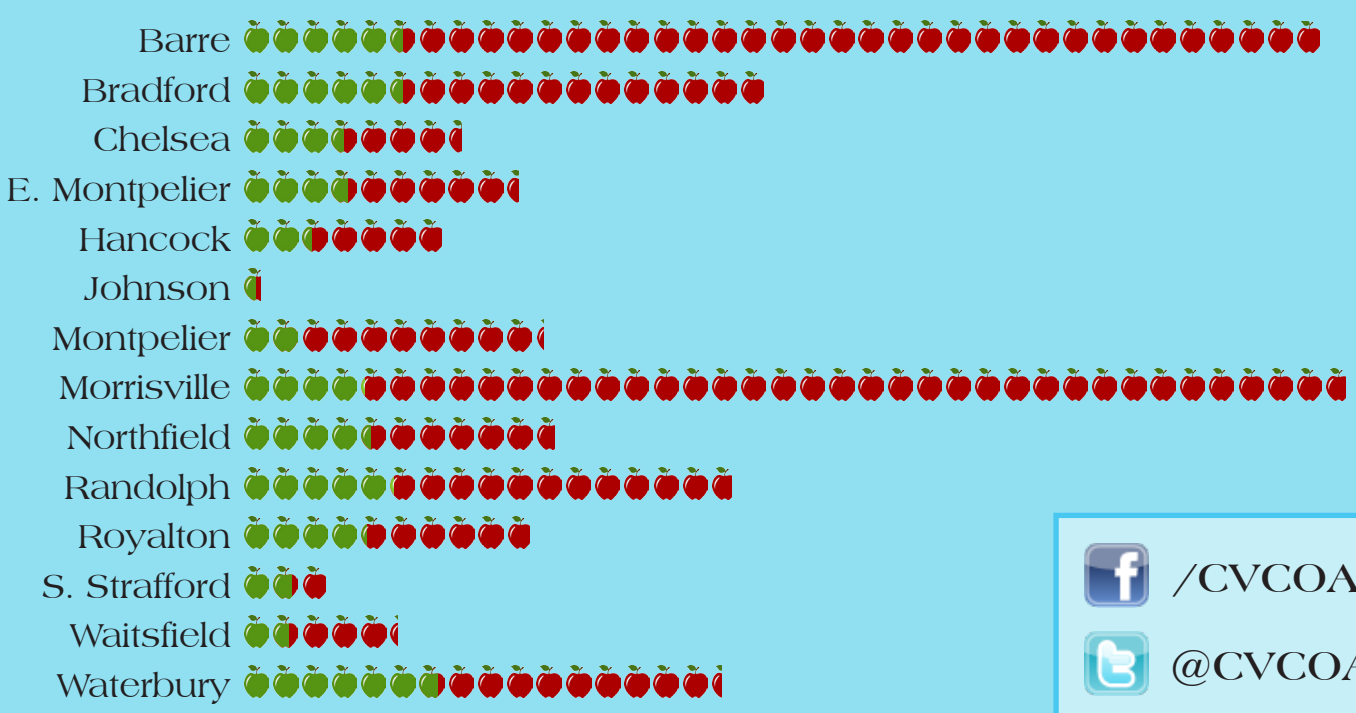


HOME-DELIVERED MEALS

CVCOA helps to fund home-delivered and community meals for seniors at **14** partner sites throughout Central Vermont



These sites serve more than **188,000** meals to **2100+** elder Vermonters every year!

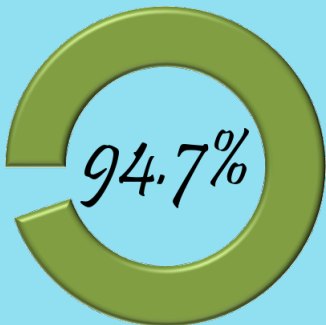


🍏 = 1000 Community Meals 🍎 = 1000 Home-Delivered Meals



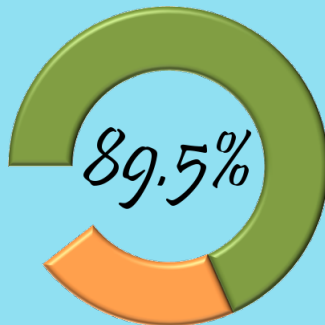
Home-Delivered Meals Improve Senior Nutrition!

Enough
to Eat



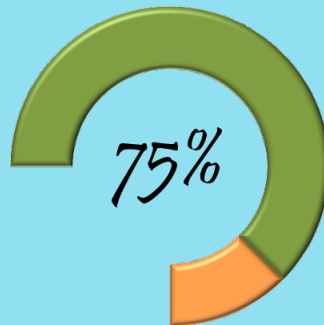
19 of every 20 seniors have enough to eat every day

Quality
of Diet



Most seniors have as good (21.1%) or better (68.4%) nutrition

Fruits &
Veggies



$\frac{3}{4}$ of seniors eat as many or more fruits and veggies each day

Variety
of Food



9 out of 10 seniors enjoy a greater variety of food

According to a recent survey of seniors receiving CVCOA-sponsored meals:



Home-delivered meals help **92.3%** to remain living in their own homes

Home-delivered meals help **over 61%** manage a medical condition



Over 52% received meals after discharge from a health care facility



Nearly 89% enjoy the time they share with volunteers who bring the meals



Senior Meals are Cost Effective!

CVCOA gives meal sites **\$3.50** for every meal served.

Your **\$35** gift supports **10** meals for seniors in your community!

www.cvcoa.org/donate