



ANNUAL REPORT
2025

BOARD *of* DIRECTORS

EXECUTIVE TEAM

Ashley Osten, President
Baker Tilly Advisory Group

Scott Christianson, Past President
Ferguson Wellman Capital Management

David Van Speybroeck, 1st Vice President
Community Member

Tim Kalberg, Treasurer
Perkins & Co

Nengi Diriyai, 2nd Vice President
O'Neill Construction Group

Steve Watts, Secretary
Summit Bank

DIRECTORS

Kate Armstrong
Vista

Steve Foltz
Vitaligent

Barbara Basney
Community Member

Kirstin Havnaer
Ferguson Wellman Capital Management

Janet Bean
Portland Kettle Works

Carrie Jones
Health Net

Beth Biggs
Consonus Pharmacy

Claudia Knotek
Community Member

Teri Bowles-Atherton
Providence St. Joseph Health

Marcus Lampros
Community Member

Nina Byrd
EXP Consulting

Santiago Landazuri
Lockton Companies

Kathleen Drago
OHSU

Tawnie Nelson
Community Member

David Drinkward
Hoffman Construction

Nathan Roe
Reser's Fine Foods

Shannon Drotning
Providence HealthPlan

Ernie Staley
Community Member

Kristen Erbes
Cambia Health Solutions

Mark Yee
Community Member

Jeremy Fleischer
The Standard

LEADERSHIP

Suzanne Washington
Chief Executive Officer

Linda Reynolds
Chief Financial Officer

Shelah Hanson
Chief Development Officer

Renata Wilson
Chief Operations Officer

Jessica Morris
Chief People & Strategy Officer

LETTER *from the* CEO

Dear Friends,

This past year reminded us of something we've always known: **When our community shows up, older adults in our region can count on us — no matter what challenges arise.**

The landscape around us continues to shift. Rising food and staffing costs, an affordability crisis affecting the people we serve, and the loss of COVID-era funding all place real and immediate pressure on our operations. Uncertainty in public funding only deepens that strain. But through it all, **your support made it possible for Meals on Wheels People to remain a constant — reliable, steady, and rooted in care.**

Because of you, the 2025 fiscal year was one of **meaningful impact and innovation.**

Thanks to your generosity, we served **nearly 1.5 million meals to more than 11,410 individuals**, including **over 1 million meals to older adults — a more than 5% increase** from last fiscal year. Our Diners Club program **doubled in usage**, with a **97.4% increase in meals served**, becoming one of the largest programs of its kind in the nation. We launched **Friendly Tech Visits**, helping older adults stay connected in an increasingly digital world. Our Medically Tailored Meals program continued to grow, with delivery increasing by **nearly 60%**, giving those with complex health needs the nutrition they depend on. And our dedicated volunteer community — **more than 2,000 strong** — contributed **95,792 hours**, a gift valued at **over \$3.57 million**. We simply could not do this work without you.

Your support isn't just compassionate — it's cost-effective. For every **\$1 invested**, Meals on Wheels People can help **save up to \$9 in health care costs** by preventing hospitalizations, reducing emergency room visits, and helping older adults remain healthy and independent. In fact, we can provide an **entire year of meals and wellness checks for less than the cost of a single day in the hospital.**

That is the power of your giving.

That is the impact of showing up for your neighbors.

And that is why, even in times of uncertainty, our commitment remains unwavering: **No senior should ever have to wait for a meal.**

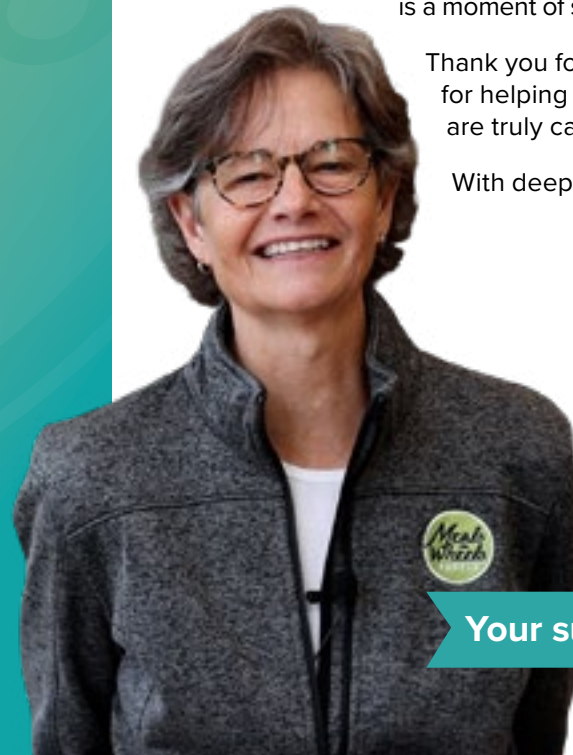
As we look ahead, we know the need will continue to grow — and together, we will continue to rise to meet it. Your support ensures that every knock on a door is a moment of safety, nourishment, and human connection.

Thank you for believing in this mission, for standing with us, and for helping make our community a place where older adults are truly cared for.

With deepest gratitude,



Suzanne Washington
CEO, Meals on Wheels People



Your support makes it possible.



Thank You

FROM OUR PARTICIPANTS

MEALS ON WHEELS FOLKS -

YOU DELIVER MEALS TO ME ON WEDNESDAY. I WANT TO THANK YOU FOR THE HARD WORK ASSEMBLING THE MEALS AND ACKNOWLEDGE HOW APPRECIATIVE I AM.

I'M 84 AND SIGNED UP WITH YOU AFTER BEING DISCHARGED FROM HOSPITAL (6 DAYS). I DID NOT WANT TO ASK (OR ADMIT) I NEEDED HELP. DOCTOR INSISTED I NEEDED SOME FOOD BALANCE DAILY - ESPECIALLY PROTEIN. NURSES ATTEND TO ME AS I HAVE LEG PROBLEMS, AMONG OTHER THINGS - SO I'M STUCK AT HOME. YOUR DELIVERIES HAVE REALLY HELPED.

OTHER TREATS HELP MY DAY ~~BECAUSE~~ ^{SINCE} I'M STUCK AT HOME! LIKE PUMPKIN CAKE, CHEESE CAKE, PUDDING, COOKIES, CHEESE, RAISINS, FRUIT, ETC MUCH APPRECIATED!

DAVID G

YOU DON'T NEED TO REPLY. I JUST APPRECIATE YOU ALL.



Meals on Wheels People, I would like to express my deepest gratitude and appreciation for your services, excellent meals and volunteers that deliver the meals. You all sincerely make a difference in our lives. At this time I'm so very sorry that my financial challenges have limited me from giving money towards the meals. I really wanted to say "THANK YOU," for being here.

Dear Meals on Wheels Chef,
Just a note to thank you for the delicious vegetarian meals you make. The Vegetable Butternut Squash dish was great. Love the whole thing!
Thank you
June

To Meals on Wheels -

I wish I could

contribute more. Because of meals on wheels I'm able to eat a healthy diet.

Thank you
So much
Maricane J

Dear Meals on Wheels,
Since starting Meals on Wheels, I've gained 3 lbs. My Doctor + I, thank you!
Sincerely, Michelle

TO: "MEALS ON WHEELS PEOPLE"...

ALRIGHT! - COOL! I WAS ABLE TO SAVE UP ANOTHER \$40.00 TO MAKE ANOTHER MONTHLY - DONATION... AND THANK AGAIN FOR THE WEEKLY - MEALS, NOW I CAN SURVIVE ANOTHER WEEK, IN THIS HOT WEATHER, IT'S HARD FOR ME TO EAT WHEN IT'S HOT! THE MEALS MAKE IT BEARABLE, CAUSE THEY'RE SO GOOD! YOU GUYS ARE THE GREATEST!!
THANK YOU!!
ROB



Our Lifeline IN ACTION

on-one tech support directly to participants' homes. Volunteers

Meals on Wheels People delivers more than just nutritious meals. We also provide essential companionship and safety checks, supporting older adults in overcoming mobility limitations, financial constraints, and social isolation. Our established and efficient programming offers a reliable lifeline, helping seniors to continue living independently in their homes and communities.

also made **22,778 Friendly Chats** and **1,760 safety calls**. We continued to offer social programming through our **Pet Program, Senior Planet** tech classes, and community activities such as cultural and holiday celebrations, bingo, book club, and trivia.

MEAL DELIVERY

Our dedicated staff and volunteers delivered **998,289 nutritious meals** to **6,082 older adults** across **more than 400 weekly delivery routes** throughout Multnomah, Clark, and Washington counties.

MEALS 4 KIDS

Supported by the Portland Children's Levy, our Meals 4 Kids program continued to address food insecurity for low-income families in Portland. Leveraging our established systems and expertise in meal delivery, we provided **285,013 nutritious meals** and grocery boxes to **1,342 children and caregivers**. Of those families, **83% identify as BIPOC, immigrant, or refugee**.

DINING CENTERS

We served **71,348 meals** to **3,319 older adults** through **15 dining centers** across the Portland-Vancouver metro area. Additionally, our **Diners Club** program experienced remarkable growth, doubling in size. In partnership with 9 local restaurants, 78% of which are culturally or ethnically specific, we served **4,120 meals** to **321 older adults**, making it one of the largest programs of its kind in the nation. **The Diner Vancouver** continues to serve affordable, made-from-scratch meals while creating meaningful jobs and fostering community connection.

MEDICALLY TAILORED MEALS (MTM)

We partnered with **13 health care partners** to serve **104,580 meals** — a **59.2% increase** — to **over 900 individuals** of all ages who were living with chronic illness and experiencing food insecurity, and many of whom had recently discharged from the hospital.

SOCIAL PROGRAMMING

Older adults are hungry for more than meals — they're hungry for connection. This year, we strengthened our social programming by launching **Friendly Tech Visits**, bringing one-



1,489,523
MEALS SERVED

5.3% INCREASE IN MEALS SERVED TO OLDER ADULTS

6,400 MEALS PRODUCED DAILY

11,412 INDIVIDUALS SERVED

MEET YOUR *Neighbors*



JOB

Job grew up on Southern cooking. His mother made everything from scratch, and the table was always filled with warmth and nourishment. But after losing his sight, the food he loved — and the comfort it brought — became harder to access.

“Once I lost my sight, I could no longer cook,” he says. “Eating out was fine, but it wasn’t health conducive.”

During a conversation with his health care provider, Meals on Wheels People came up. Since then, the meals have kept Job nourished and the visit at the door keeps him connected. And the memory of his mother’s kitchen? That stays with him — carried now in flavors that feel a little closer to home. “I can’t get enough of the shepherd’s pie,” he says.

LEANNE

Leanne still lives in the house she grew up in. It’s where she learned to ride a bike, celebrated birthdays, cared for her parents, and later, her husband. After he passed and her own health declined, she suddenly found herself alone — managing serious health conditions, unable to drive, and struggling to afford healthy meals.

Thanks to you, she didn’t have to leave the only home she’s ever known. Your support means Meals on Wheels People can deliver more than food. We deliver connection, dignity, and peace of mind. “If it wasn’t for Meals on Wheels People, I’d see no one,” Leanne says. “It would be really lonely. You sit and think, ‘What if something did happen?’ But they know I’m here.”

Because of you, Leanne can stay in the place that holds her dearest memories and feel safe, nourished, and not forgotten. Thank you for being there — for her and for thousands more.



Volunteers DRIVE THE MISSION

JOHN & JOYCE GENTRY

Delivery drivers and dining support

John and Joyce are dedicated Meals on Wheels People volunteers, logging over 1,800 hours of service. From stepping in on a snow day to collecting pet food donations, they always go the extra mile. “It’s something we can do together,” Joyce says. “It’s a warm fuzzy.” John adds: “Often, we’re the only people the participants see all day. It’s just our nature to help.” Their kindness and commitment make a lasting impact on our participants.



DICK WILLIS

Delivery driver for Meals 4 Kids

Dick’s dedication to our program is unmatched. He delivers meals three days a week with kindness and consistency. Always the first to arrive, he greets every day with a bright smile and a positive attitude. His commitment goes beyond deliveries; he’s even learning Spanish to better communicate with the families he serves. “I will be doing this for as long as I possibly can,” Dick says. “I enjoy every day of it. It’s pure joy.”



VOLUNTEER WITH US!

We rely on more than **312 volunteers** every day to deliver meals to homebound seniors, make Friendly Chats calls and Friendly Tech Visits, serve lunch at our dining centers, and so much more. Will you join us? Visit mowp.org/volunteer or reach our volunteer coordinator at volunteer.coordinator@mowp.org to sign up today!

PARTNERS IN *Impact*

CORPORATE PARTNERS IN ACTION

Corporate volunteers play a vital role in our mission. This year, KPTV FOX 12 and Portland Timbers employees helped prepare and deliver meals, made Friendly Chats calls, and wrote cards to brighten participants’ days. Their service brings connection and care directly to the community.

We’re also grateful for our incredible corporate partners, such as New Seasons Market, See’s Candies, and Bank of America. Matching sponsors, including Jamba Juice, Cambia Health Foundation, and Tidewater, made campaigns such as Donate Dinner and Washington Gives a success, helping amplify every donation and extend our impact.



DONORS THAT DELIVER

Chan and Priscilla Armstrong show up every Tuesday to deliver more than a meal — they deliver connection. After moving from the Seattle area four years ago, they found the Meals on Wheels People Luepke Center in Vancouver and quickly made it part of their weekly routine.

As donors and volunteers, they believe in giving both time and resources. “We give money,” they say, “but this is more skin in the game.” Their commitment is personal: They check in with each person, spend time talking, and often provide small acts of help that mean the world. One participant they visit weekly tells them they’re the only people he’s spoken to all week.

Now in their 80s, the Armstrongs are still driven by a simple goal: doing what they can for others. Their generosity — both hands-on and philanthropic — helps ensure support reaches the people who need it most.

Financials

FISCAL YEAR 2025

REVENUE	JUNE 30, 2025	JUNE 30, 2024
Government Contracts	6,583,046	6,262,047
Fundraising	9,789,049	7,539,309
Contract Sales	2,507,707	1,785,898
Other	2,194,770	2,129,020
TOTAL REVENUES	\$21,074,572	\$17,716,274

EXPENSES	JUNE 30, 2025	JUNE 30, 2024
Operations	16,421,855	14,297,650
Center Operations	9,323,735	7,808,021
Kitchen Operations	5,951,568	5,301,266
Vancouver Diner	963,432	1,143,668
Other Operations	183,120	44,695
General & Administrative	1,399,035	1,476,593
Fundraising	2,025,042	2,374,936
TOTAL OPERATING EXPENSES	\$19,845,932	\$18,149,179

INCREASE (DECREASE) IN NET ASSETS FROM OPERATIONS	JUNE 30, 2025	JUNE 30, 2024
Investment Income (Loss)	2,103,722	2,054,155
Other	15,650	215,183

INCREASE (DECREASE) IN NET ASSETS	JUNE 30, 2025	JUNE 30, 2024
	\$3,348,012	\$1,836,433

ASSETS	JUNE 30, 2025	JUNE 30, 2024
Cash & Cash Equivalents	1,908,299	2,686,282
Investments	23,622,072	25,416,738
Accounts Receivable	1,857,459	1,544,260
Property, Equipment, etc.	21,773,163	16,830,039
Other	1,726,815	2,281,598
TOTAL ASSETS	\$50,887,808	\$48,758,917

LIABILITIES & NET ASSETS	JUNE 30, 2025	JUNE 30, 2024
Accounts Payable	676,723	461,034
Other Accrued Liabilities	544,282	532,078
Deferred Revenue	951,052	1,827,783
Operating Lease Liabilities	1,099,516	1,669,799
TOTAL LIABILITIES	\$3,271,573	\$4,490,694
Net Assets Without Donor Restrictions	45,731,811	42,913,895
Net Assets With Donor Restrictions	1,884,424	1,354,328
TOTAL NET ASSETS	\$47,616,235	\$44,268,223
TOTAL LIABILITIES & NET ASSETS	\$50,887,808	\$48,758,917



REVENUE

- 46.4% Fundraising
- 31.2% Government Contracts
- 11.9% Contract Sales
- 10.4% Other



EXPENSES

- 82.7% Operations
- 10.2% Fundraising
- 7% General & Administrative

\$3.57 MILLION IN SERVICE TO OUR COMMUNITY

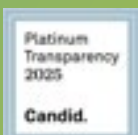
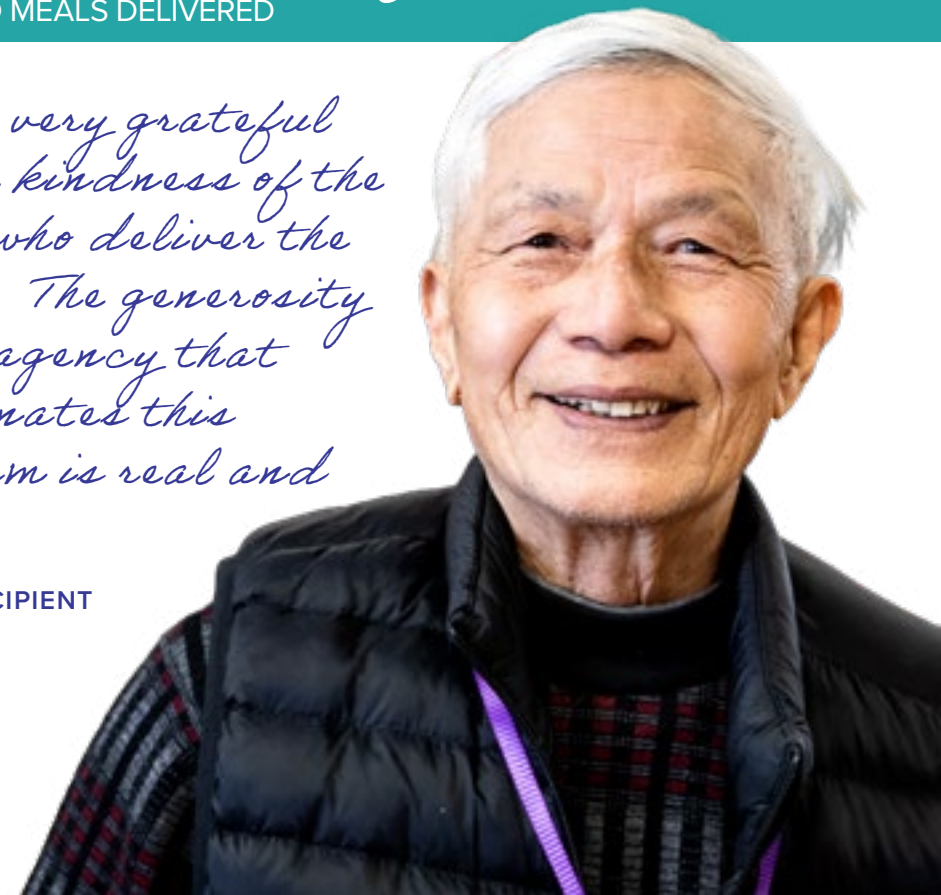
24,538 FRIENDLY CHATS & SAFETY CALLS MADE

59.2% INCREASE IN MEDICALLY TAILORED MEALS DELIVERED

95,792 VOLUNTEER HOURS CONTRIBUTED

"I am very grateful for the kindness of the folks who deliver the meals. The generosity of the agency that coordinates this program is real and rare."

— MEAL RECIPIENT



A NEW EAST-SIDE HUB SUPPORTING

*Nourishment, Dignity, and
Connection.*



Together at the **Table**

*A capital campaign by Meals on Wheels People.
Launching April 2026.*