

10

Things You Didn't Know About WestMass ElderCare's Nutrition Program

WestMass
ElderCare

1

WMEC's Nutrition Services program has not missed one day of delivery due to the COVID-19 pandemic, bringing over **834,000 meals** to over **3,300 consumers**.

2

We deliver meals to people of all ages! WMEC delivered over **30,000 meals to 237 consumers** under age 60 last year.

3

80% of meal recipients say they feel less lonely because of their meal driver.

4

In the summer, consumers can receive fresh produce bags from the Department of Agriculture valued at **\$25**.

5

72% of consumers say their Home-Delivered Meal is their main meal of the day.

6

85% of consumers say receiving meals helps them live independently.

7

87% of consumers say that the Home-Delivered Meals make them feel better.

8

WMEC consumers may receive **individualized nutrition counseling** and education by a registered dietitian.

9

Shelf-stable meals may be provided to consumers in case of winter weather or other emergencies that can interrupt daily meal delivery.

10

Variety is the spice of life! Individuals can choose from several types of delicious, freshly-prepared meals that meet their preferences and medical needs including: Latino, No Salt Added, Renal, Pureed, Cardiac Diet, and Chopped Meals.

DID YOU KNOW?

38% OF WMEC NUTRITION CONSUMERS LIVE ALONE AND HAVE NO ONE TO CHECK ON THEM

other than their Home-Delivered Meals Drivers. Drivers provide critical wellness checks to ensure the safety of consumers and take prompt action when they notice concerning changes in people's physical or mental health.

Wherever you call home, you deserve a healthy, nutritious meal. Based on your needs, WMEC can deliver lunch or dinner, on a daily, weekly or as-needed basis. Additionally, consumers can request weekend and holiday meals.

WHAT DO WESTMASS CONSUMERS THINK?

“

I eat the meals at least once a day—without them I would not be eating.”

“

It is my main meal; we are very low income, and it helps a lot.”

“

WestMass' Meals Program provides me with increased nutrition and decreased stress.”