

The Latest Media Fast Facts – Meals on Wheels SA

Here are some fast facts on the largest community based volunteer organisation in SA and why we say we are...*more than just a meal!* If you have any questions or ideas for stories, please call us and we would be delighted to assist.

The Numbers!

- **88 branches** across South Australia from Ceduna to Renmark, Quorn to Port MacDonnell. Includes meals supplied from our own MoW Kitchens, Country Hospitals and other facilities.
- **Over 8000 volunteers** working in a variety of roles within the branch network.
- **Some 9000 clients supported across the year.** *That's many thousands of knocks on the door, and volunteer smiles!*
- **On average, over 4300 meals** are delivered each day.
- **Tonnes & Litres** of local ingredients used each year!
- **Over 1 million meals** delivered last financial year.
- **Approaching some 48 million meals**, delivered since we started!

Who is Meals on Wheels for?

- People in need of support as they are unable to prepare a meal or shop for themselves with ease.
- People who may be recovering after hospitalisation, major illness or surgery, a person with a disability, in their senior years, a carer or someone needing assistance due to a special circumstance or crisis.
- Meals on Wheels service caters for people with a wide variety of support needs, not just meals for seniors.

What does Meals on Wheels offer?

- Meals on Wheels SA offers meals for up to 7 days a week!
- Weekdays; a delicious, hot, nourishing three course meal. Weekends, public holidays and on days when people need to be away, we can arrange for delicious nourishing meals to be delivered in advance, ready to heat and serve! All delivered by friendly volunteers with a smile!
- We also have a range of special meals such as gluten free and all are diabetic friendly!

How do people arrange a Meals on Wheels service?

- Referrals can come from anywhere, including; family members, friends and even by referring yourself! Formal referrals are also happily accepted from general practitioners, health care professionals, community care providers or your local council.
- And, we work with customers to manage their engagement with MyAgedCare when seeking assistance under the Commonwealth Home Support Program (CHSP)

Meals on Wheels is really that simple!

- No means test as eligibility is based on need – no contracts and no waiting list!

How do people get started?

- A freecall to 1800 854 453, or an online form at www.mealsonwheelssa.org.au

When & why did it start?

- Meals on Wheels SA was started over 60 years ago by a truly inspirational lady called Doris Taylor, with a simple promise... *provide a hot, delivered meal in the middle of the day to those in the community who cannot easily shop or cook for themselves, but are happy to make a modest contribution to the cost. We are not a Charity!*

Who runs Meals on Wheels?

- Meals on wheels is run by volunteer branch members across the state who purchase, cook, manage, administer and a 100 & 1 other tasks at our branches. They are supported by a small central office administration team.
- Meals on Wheels is supported by limited funding from the Australian Government under the Commonwealth Home Support Program and some state funding. We are not a government agency.

Further information can be obtained by calling:

Peter RJ Neal - Manager Strategy, Communications and Volunteer Acquisition - Meals on Wheels SA

P: 08 8273 1326 F: 08 8271 1605 M: 0412 734 479 E: peter@mealsonwheelssa.org.au