



Meals on Wheels for Santa Cruz County delivers meals to more than 1,300 local older adults each year.

How your dollars are supporting older adults in our community

Our fall mailer recently arrived in the mailboxes of residents countywide. This annual campaign highlights the importance of Meals on Wheels for Santa Cruz County and asks for support to continue advancing in our mission of making sure no older adult in our community goes hungry.

We are thankful for everyone who has contributed so far, especially during a time of challenging price increases and in the midst of holiday shopping for loved ones. We are thrilled to share that the impact of the fall mailer campaign so far includes:

- 850+ total donations
- \$105,000+ donated
- 127+ new donors, giving more than \$11,000
- 26 donors who donated \$500 or more, giving \$28,000

Every contributor's generosity helps us be there for older adults in our community. A gift of just \$50 can ensure five of our neighbors get a healthy meal, along with friendly social interactions and wellness checks from our program's volunteers. More than anything else, a delivery from Meals on Wheels shows our community's neighbors that we care.

Thank you for your generosity if you've already donated. If you haven't had a chance to lend a hand this holiday season, consider supporting our local seniors or investing in a cause close to your heart.

You can contribute to Meals on Wheels for Santa Cruz County [today!](#)

Ready to make a difference in your neighbor's lives?



Meals on Wheels for Santa Cruz County celebrated our volunteers in April for National Volunteer Month.

The Meals on Wheels program was created around the belief that none of our neighbors should be left alone and hungry. Yet, here in Santa Cruz County, one of every five older adults lives alone — that's more than 14,500 of our neighbors. Many live with illnesses and little income, making everyday tasks like shopping and cooking painful or impossible.

You can make a difference in their lives by volunteering with Meals on Wheels for Santa Cruz County. Volunteers are crucial to the success of the program, delivering healthy meals to participants' homes and helping at our dining sites. Our dedicated volunteers embody community spirit by generously donating their time, saving the program approximately \$200,000 annually that is able to go toward the meals we provide.

In addition to ensuring older adults receive nutritious meals, our volunteers serve an important role in ensuring the health, safety, and well-being of participants. They provide wellness checks and battle loneliness by bringing friendly connections to our community's older adults.

If you are interested in contributing to the health and happiness of our community's older adults, we encourage you to consider volunteering with Meals on Wheels for Santa Cruz County. You can be part of helping this crucial lifeline continue, so older adults can stay independent with dignity in their homes. Meals on Wheels provides the care and compassion we would all wish for our loved ones and ourselves as we age.

Ways you can volunteer include:

- Deliver meals: Provide essential nutrition and friendly visits to older adults across Santa Cruz County. Flexible

News & Notes

This holiday season, you can make a difference with Meals on Wheels for Santa Cruz County through Subaru's annual **Share the Love Event!**

From November 21, 2024, to January 2, 2025, Subaru of America and its retailers will donate a minimum of \$300 to charities like ours for every new vehicle leased or sold. Since 2008, Subaru has helped provide more than 4.6 million meals and friendly visits to seniors served by local Meals on Wheels programs nationwide.

For more details, visit [Meals on Wheels America - Share the Love](#).

Thank you for helping us nourish lives and bring joy to seniors in our community!

In the Press

Click the headlines below to read local and national news about Meals on Wheels for Santa Cruz County and older adult services.

- [Live Oak School District's housing bond measure failed. Where does it go from here?](#)
- [Name Dropping | Meals on Wheels picks senior program director](#)
- [How supporting Community Bridges can transform lives this giving season](#)
- [Improving Social Security to Reduce Elderly Poverty](#)

routes fit your schedule.

- Help at dining sites: Assist in the kitchen or serve meals at locations in Ben Lomond, Santa Cruz, or Watsonville.
- Support operations: Help with logistics at our headquarters to ensure efficient meal delivery to local older adults.

[Sign up today to become a volunteer!](#)

—Dana Wagner, Senior Program Director, Meals on Wheels

Save on Your Energy Bills with PG&E Programs



At Meals on Wheels for Santa Cruz County, we're committed to supporting our community's independence and well-being. That's why we want to share important information about Pacific Gas and Electric Company (PG&E) programs that can help you save energy and reduce your monthly bills.

Programs that can help you save:

- **California Alternate Rates for Energy (CARE):** Save 20% or more on your monthly gas and electricity bill. If you're enrolled in programs like CalFresh, WIC, or Medi-Cal, you may qualify.
- **Family Electric Rate Assistance (FERA):** Households of 3 or more can save 18% on their electricity bill.
- **Energy Saving Assistance (ESA):** Get no-cost home energy upgrades to make your home more energy-efficient and lower your bills.
- **Budget Billing:** Make your energy costs predictable with equal monthly payments year-round.
- **Medical Baseline Program:** If you have qualifying medical conditions, you may be eligible for additional discounts and early notifications about Public Safety Power Shutoffs.

How to apply:

Visit pge.com/billhelp to learn more and apply. Many programs have simple eligibility requirements, and you can apply for several at once.

Let us help you save money this season. Reach out to us with any questions—you're never alone with Meals on Wheels by your side!

Maple sweet potatoes recipe



Sweet potatoes, maple syrup, orange juice, and yogurt are a winning combination in this easy dish that can be made in the microwave.

Maple sweet potatoes

Ingredients:

- 2 large sweet potatoes
- 2 tablespoons non-fat yogurt
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Instructions:

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl.
3. Mash the pulp and stir in the yogurt, maple syrup, and orange juice.
4. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Source: [USDA](#); University of Connecticut Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Thank you for your ongoing support. Your kindness is transforming our community.

[DONATE](#)

[VOLUNTEER](#)

[LEARN MORE](#)



Our Contact Information

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