



Santa Cruz County 3rd District Supervisor Justin Cummings (right) helped deliver meals for Meals on Wheels for Santa Cruz County as part of Community Champions Week.

Honoring our Community Champions

We recently marked Community Champions Week. It is a reminder that Meals on Wheels for Santa Cruz County is more than a meal service. It supports the health, dignity, and independence of older adults in our region.

Meals on Wheels goes beyond providing nutritious food. Each meal we deliver or serve at one of our dining sites also brings connection and reassurance that supports elder health.

Alongside home-delivered meals, Meals on Wheels staff conduct routine wellness checks on participants and follow up on any issues identified by volunteer drivers. Staff conduct thousands of wellness checks in a fiscal year.

Volunteers are often the first to notice when something changes. Their connection with program participants helps staff respond early when additional support is needed. These regular touchpoints help prevent deeper crises by ensuring older adults remain safer, healthier, and more connected at home.

During Community Champions Week, community leaders see this impact firsthand. By joining delivery routes, they experience the care and trust that make our program essential.

We thank Santa Cruz County Third District Supervisor Justin Cummings and Capitola City Councilman Gerry Jensen for joining us to deliver meals, meet our participants, and stand in solidarity with our mission. Their time, presence, and support shine a light on the older adults we serve and the vital role Meals on Wheels plays in our community.

The need to champion Meals on Wheels continues to grow. As more older adults face hunger, isolation, and economic insecurity, community support is more important than ever.

Support Meals on Wheels [with a donation today](#), or learn more about how simple it is to [volunteer with us](#) and make a difference.



Capitola City Councilman Gerry Jensen (right) joined our Meals on Wheels staff on a delivery as well.



Supervisor Justin Cummings.

Ensuring senior nutrition isn't overlooked



May was Older Americans Month. It was a time to recognize the contributions of older adults and stand strong in commitment to their health and independence.

News and Notes

We're looking for volunteer drivers to help deliver meals and support local seniors.

If you've been thinking about making a difference in your community, now is the perfect time to get involved.

[CLICK HERE](#) to apply today and start changing lives!

In the Press

Click the headlines below to read local and national news affecting county residents.

[Celebrating local food, wine, and community impact: Tickets on sale for Farm to Fork Gala](#)

[Medi-Cal Asset Limit Would Force Seniors and People with Disabilities into Poverty](#)

It served as a timely reminder that nutrition for older adults cannot be overlooked, including in this year's California budget. Our state's budget leaders are balancing many urgent needs, and we appreciate their commitment to protecting vulnerable communities.

The potential loss of \$37.2 million in state senior nutrition funding at the end of this coming fiscal year, though, could mean the loss of up to 1 in 5 meals statewide. National funding may help over time, but it will not immediately close local service gaps or address current waitlists.

Meals on Wheels programs across the state are already facing significant unmet needs. With the yearly estimated growth in demand, programs would need at least \$5 million more to continue serving the same percentage of the older adult population. Sixty-two percent of Meals on Wheels programs in California operate with waitlists, nearly twice the national average.

Meals on Wheels provides more than food to program participants. It offers wellness checks, social connection, and dignity to the people who have given so much to their communities throughout their lives.

As California's older adult population grows — and faces rising housing instability and homelessness — the state should be strengthening senior nutrition, not stepping back.

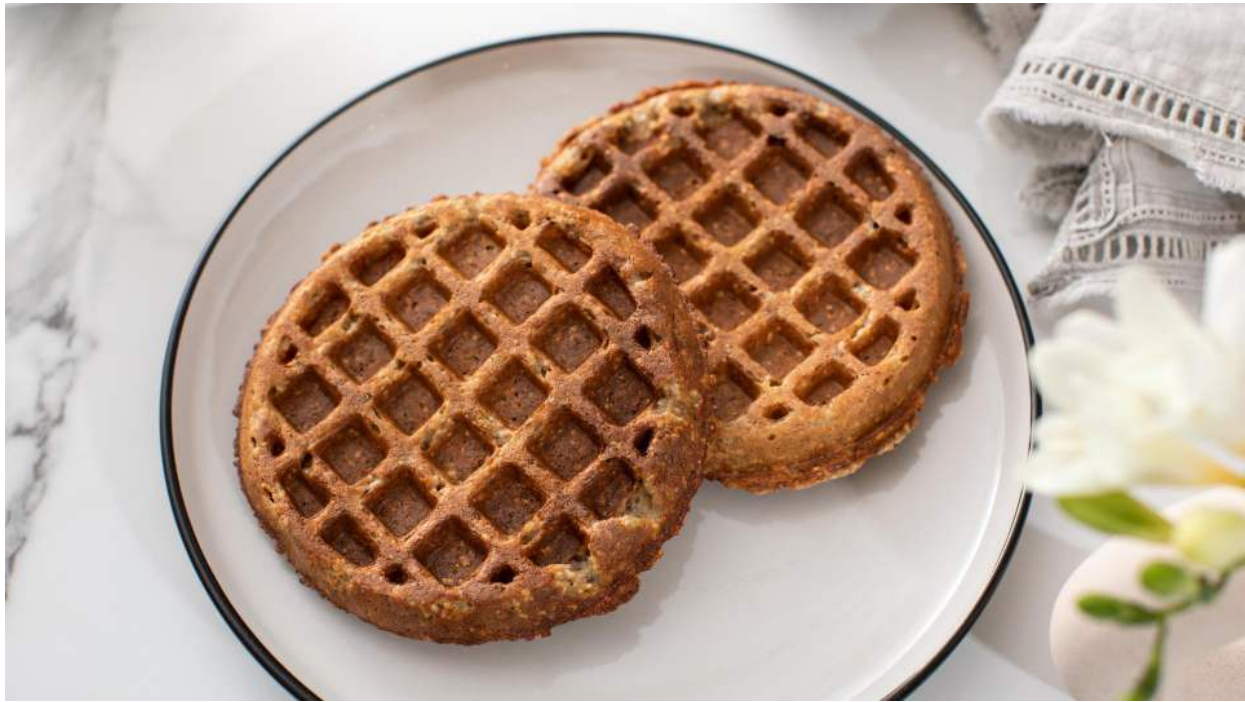
We urge state leaders to protect and expand Meals on Wheels and senior nutrition funding in the final budget.

[Contact your state representatives](#) and tell them that senior nutrition can't wait.

—Raymon Cancino, CEO, Community Bridges

[Lawmakers and Newsom are billions apart on cuts to health care, education and more](#)

[The Meals On Wheels Budget Wasn't Cut, But More Seniors Will Go Hungry](#)



Oatmeal pecan waffles recipe

These whole-grain waffles are made with whole-wheat flour and oats.

Ingredients

- 1 cup whole wheat flour
- 1/2 cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1/4 cup nuts (pecans, unsalted, chopped)
- 2 eggs (large, separated)
- 1 1/2 cups milk
- 1 tablespoon vegetable oil
- 2 cups strawberries, halved
- 1 cup blackberries
- 1 cup blueberries
- 1 teaspoon powdered sugar

Instructions

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter.
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside. (Or make pancakes.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

From Nutrition.gov

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