



Union County Senior Nutrition Program



UNIONCOUNTY
north carolina

Senior Nutrition Services Overview

- Goal: To provide nutrition services and opportunities for social interaction and education which enables senior adults to maintain or improve their physical and mental health and live independently in their homes as long as possible.
- Nutritionally balanced meals offered in 2 settings:
 - Congregate dining
 - Home-delivered meals



Congregate and Home-Delivered Meals

Meals

- 5 days per week
- Provide at least 700 calories
- 1/3 of the Recommended Dietary Allowances (RDA)

More Than a Meal

- Social interaction and Support
- Educational Opportunities
- Activities

Service Delivery

- Part Time Site Manager; assisted by volunteers
- Warm meals delivered by ~220 Volunteers on 29 routes
- Frozen meals delivered by vendor (TRIO) and Union County Transportation

Locations

- Indian Trail United Methodist (7 routes)
- Mineral Springs United Methodist (6 routes)
- Monroe – Bazemore Active Adult Center (12 routes)
- Wingate Baptist (4 routes)

Eligibility Requirements



- Union County resident age 60+
 - Spouses, regardless of their age
- Homebound must also be:
 - Physically or mentally unable to obtain food or prepare meals and have no responsible person who is able and willing to provide this service
 - Physically or mentally unable to participate at a congregate nutrition site
 - Unable to leave home at will, therefore unable to attend a meal site
- Assessments completed for all participants:
 - Congregate assessed once per year
 - Homebound assessed twice per year, once in the home and once via phone

Intake Process – Home Delivered



PRIORITY SCREENING

Priority Criteria

Was the applicant referred by local DSS for service(s) as part of an Adult Protective Services (APS) plan and/ or at risk of abuse, neglect and/ or exploitation? (Yes or No)

Does the applicant have a caregiver or someone to assist with care/ meal preparation on a regular basis? (Yes or No)

Is the applicant able to do activities such as prepare meals, shop, manage medications and/ or bills without significant help? (Yes, Somewhat, or No)

Is the applicant able to do activities such as walk, eat, get dressed, or bathe without significant help? (Yes, Somewhat, or No)

Is the applicant cognitively impaired (i.e. dementia, Alzheimer's, stroke or other condition(s) causing significant memory loss, confusion, etc.)? (Yes or No)

Is the applicant able to leave home at will? (Yes or No)

In the last 12 months, did the applicant ever eat less than they felt they should because there wasn't enough money to buy food? (Yes, Sometimes, or No)

Congregate and Home-Delivered Meals

FY25 YTD Congregate

Unique Seniors Served	117
Average Served Daily	100
At or below Poverty Level	85%
Live Alone	73%

Congregate Meals Served

FY19	15,679
FY20	16,298
FY21	15,647
FY22	11,357
FY23	10,588
FY24	12,312
FY25 YTD	6,278
FY25 Projected	15,072 (+22%)

FY25 YTD Home-Delivered

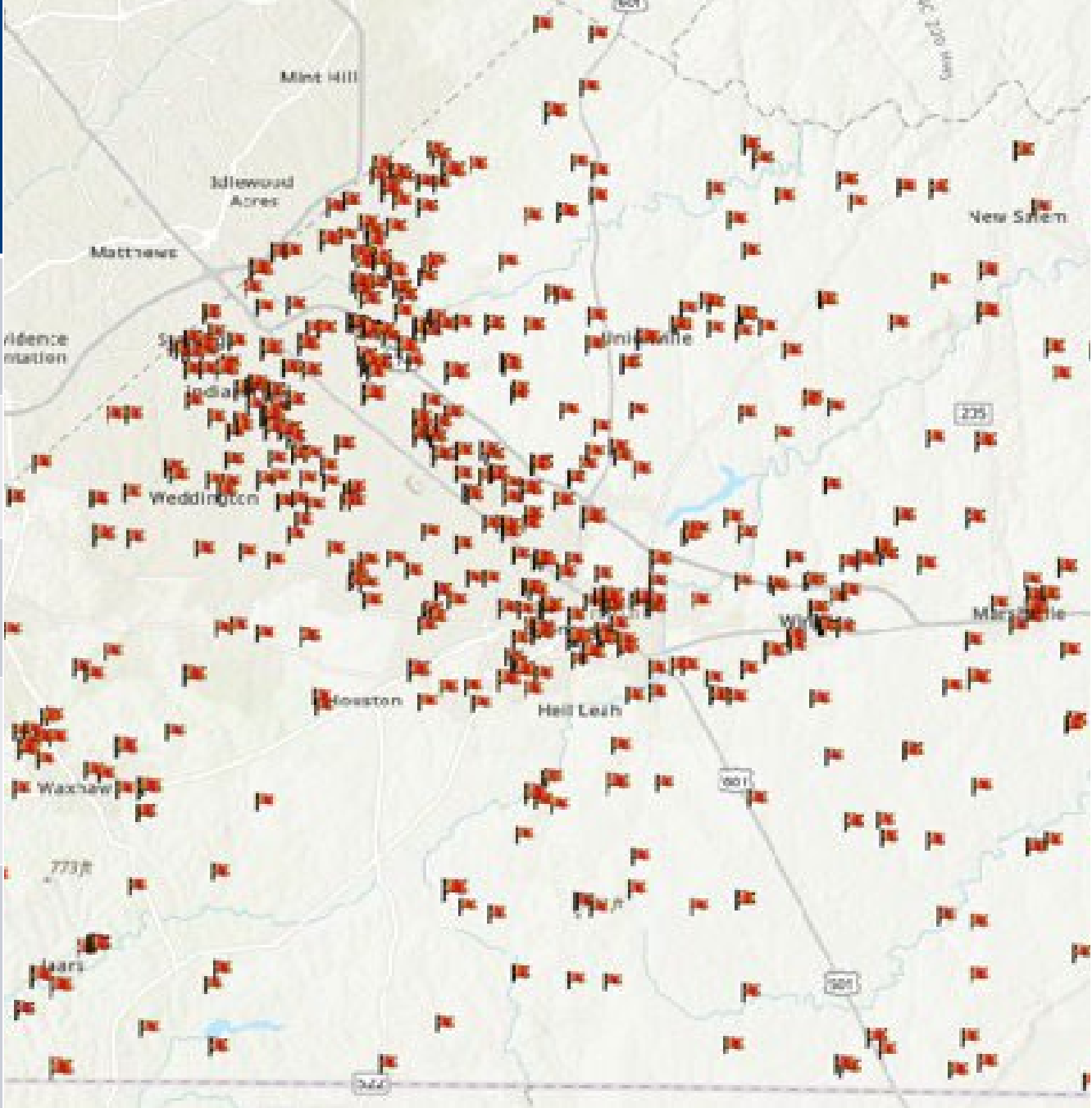
Unique Seniors Served	289
Average Served Daily	226
At or below Poverty Level	76%
Live Alone	60%

Home Delivered Meals Served

FY19	35,953
FY20	65,688
FY21	102,396
FY22	111,030
FY23	87,818
FY24	71,243
FY25 YTD	24,218
FY25 Projected	58,128 (-18%)

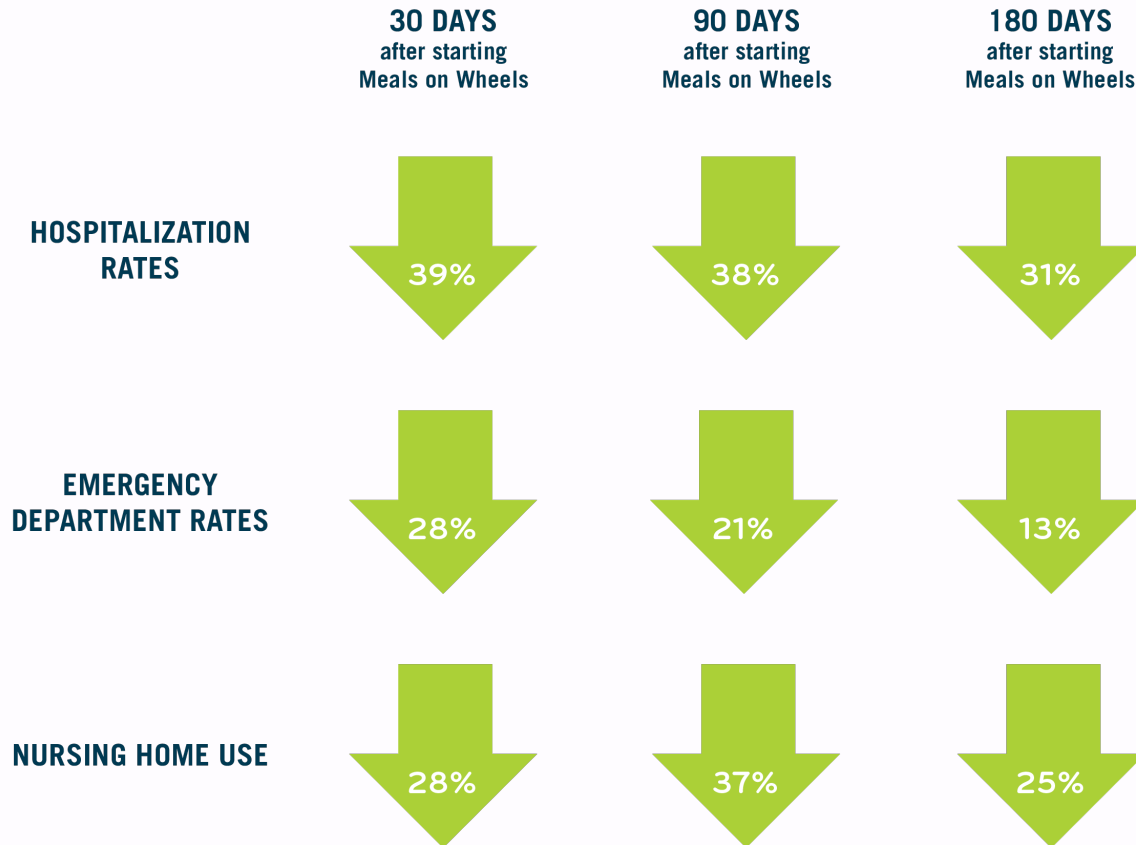
Home-Delivered Wait List

FY21	0
FY22 (Feb-Jun)	52
FY23 (end)	307
Current (11/25/24)	586
Projected Annual Increase	+295



MEALS ON WHEELS RECIPIENTS' UTILIZATION RATES

Benefits of Home-Delivered Meals



More Than a Meal Medicare Claims Analyses, Meals on Wheels America, 2017



MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR
FOR ABOUT THE SAME COST AS JUST ONE DAY IN A HOSPITAL
OR 10 DAYS IN A NURSING HOME

Meal Recipient Volume

FY25 and FY26 Projected Need

	FY25 Projected	FY26: Current Clients Only	FY26 - Option 1 and 2
Total Average Daily Meal Recipients	326	345	931
Average Daily Congregate Recipients	100	119	119
Average Daily Home Delivered Recipients	226	226	812
Warm Meals	175	175	285
Frozen Meals	51	51	527

Operational Scenarios

Option 1

- Eliminate Wait List (586 ppl)
- Add Weekend Meals for Home Delivered Clients
- Fill existing hot meal routes
- Remaining clients on **frozen meals delivered by contractor (TRIO)**
- **Add staff** – FT Social Worker and FT Admin (from PT)
- Add NSIP Revenue

Option 2

- Eliminate Wait List (586 ppl)
- Add Weekend Meals for Home Delivered Clients
- Fill existing hot meal routes
- Remaining clients on **frozen meals delivered by Union County staff**
- **Add Staff-** FT Social Worker, FT Admin (from PT), 1.5 FT Drivers
- **Add Temperature-controlled storage space**
- **Add two refrigerated vans**, including maintenance and gas
- Add NSIP Revenue

Funding FY23- FY26

Revenue	FY23	FY24	FY25 Projected	FY26 Proj: Current Clients Only	FY26 - Option 1	FY26- Option2
Federal and State (HCCBG)	\$184,981	\$230,385	\$202,946	\$202,946	\$202,946	\$202,946
NSIP (USDA- 0.80 per meal)	\$34,792	\$48,677	\$57,278	\$60,940	\$182,828	\$182,828
County Funds (Includes local match)	\$492,302	\$512,994	\$586,683	\$586,683	\$586,683	\$586,683
Donations- current clients	\$5,164	\$4,259	\$5,000	\$5,000	\$5,000	\$5,000
1x COVID Funding (ARPA & CDBG-CV2)	\$178,430	\$78,912	\$92,785	\$0	\$0	\$0
Total Revenue	\$895,669	\$875,227	\$944,692	\$855,569	\$977,457	\$977,457
Expenses (Current meal service model - no weekend)	\$895,669	\$875,227	\$955,008	\$955,008	\$2,212,653	\$2,499,071
Proposed Weekend Meals (Shelf Stable for home delivered clients)					\$325,282	\$325,282
Total Expenses			\$955,008	\$955,008	\$2,537,935	\$2,824,353
Deficit	\$0	\$0	-\$10,316	-\$99,439	-\$1,560,478	-\$1,846,896

Note: Option 2 includes 1x cost of \$190,000 for purchase of Refrigerated Storage Unit and Two Delivery Vehicles

Questions?