

# Taste of the MOUNTAINS

## Home Delivered Meals Quick Facts

- 97 seniors are registered for the Home Delivered Meals program and we always have a waiting list.
- 84% of home delivered meal recipients live alone.
- The private pay cost of a home delivered meal is \$6.93.
- For almost 50% of recipients, our home delivered meals provide 1/2 or more of their daily food intake and is often the only hot, prepared meal they get each day.
- Nutrition services promote physical health and well-being for participants but, more importantly, it decreases social isolation and offers a regular wellness check.
- 35 volunteers deliver meals each week to seniors in the community.
- Meals are delivered 5 days/week, Monday through Friday.
- Individuals currently served are:
  - At moderate to high risk for functional impairments (96%), and therefore unable to physically prepare a meal on their own.
  - At moderate/high nutritional risk (95%).
- Volunteers deliver shelf-stable emergency meals at the beginning of winter so recipients will have meals even during bad weather.
- Home delivered meals can be provided to a recipient for nearly 7 years for the cost of just one month in a nursing home.
- Ashe Services for Aging Foundation holds an annual fundraiser each year called Taste of the Mountains. We partner with local restaurants who donate a portion of their proceeds for a day to help us serve those on a waiting list and provide needed funds to supply weekend and evening meals for our highest risk recipients. We also have several businesses who sponsor this event.



# GENERATIONS

Home Delivered Meal Program  
[www.generationsashe.org](http://www.generationsashe.org)

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