

ABOUT US

Meals on Wheels of Southwest Ohio and Northern Kentucky is a leading senior service provider in Greater Cincinnati. Our mission is to deliver essential services that promote the independence and well-being of seniors.

We are an official member of Meals on Wheels America, and our regional organization is one of the largest in the country. In 2025, we reached nearly **11,000 seniors throughout 13 counties.**

Meals on Wheels aims to maximize the well-being of seniors. We do so by addressing two increasing challenges and their negative impact: **social isolation and loneliness, and hunger and malnutrition.** The impact of these challenges is detrimental to the physical, emotional and mental health of adults ages 60 and older. Our services are designed to meet these challenges head-on so seniors may age in place with independence and dignity.

Our production facility includes a restaurant-grade kitchen and a distribution center. Our fleet includes **50+ vehicles for transportation services and home-delivered meals.** We're fueled by a dedicated team of **145 employees** and a growing community of nearly **5,700 volunteers.**

We deliver much more than a meal.

LOCATIONS

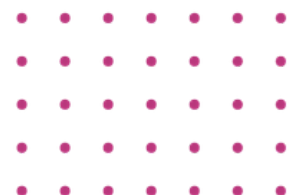
Main Office/Production Facility: 2091 Radcliff Drive Cincinnati, OH 45204

OTR Senior Center: 1712 Logan St., Cincinnati, OH 45202

www.muchmorethanameal.org



Meals on Wheels of Southwest OH & Northern KY service area



OUR SERVICES AND PROGRAMS

HOME-DELIVERED MEALS

- 50+ nutritious meal options, including seven therapeutic meal options that meet special dietary needs and respond to medical conditions
- Weekly snack boxes with milk, dairy and bread included in deliveries

SOCIAL AND PROTECTIVE SERVICES

- Senior care coordination
- Financial case management
- Guardianship services
- Independent living assistance

TRANSPORTATION SERVICES

- Individual, group and medical transit
- Destinations include doctor's appointments, health treatment, senior centers, grocery stores and social events and activities

PET SUPPORT

- Nutritious and consistent pet food delivery for clients with dogs and cats
- Supporting seniors' pets enhances their overall health and well-being
- Therapeutic robotic dogs and cats that provide companionship

CONGREGATE MEALS

- Nutritious meals served in group settings at 24 senior centers and community spaces
- Meals provide opportunities for essential social connections and engagement

SOCIAL CONNECTION PROGRAMS

- Digital Connect: digital literacy classes and tablet training
- Health and wellness programming, offered in-person and virtually
- Group trips to restaurants, museums and community attractions
- Friendly Callers Club: senior and volunteer engagement opportunities

OTR SENIOR CENTER

- Breakfast and lunch served Monday through Friday
- Managed by Meals on Wheels, giving seniors access to essential resources
- Games, special events and activities in a welcoming social environment
- Located in Logan Commons apartment building near Findlay Market



2025 BY THE NUMBERS

HOME-DELIVERED AND CONGREGATE MEALS

- Total meals delivered to seniors: **1,184,763**
- Congregate partners (where our meals are served): **24**
- Total pounds of pet food delivered to seniors' dogs and cats: **38,002**
- Average number of meals distributed per weekday: **4,557**

TRANSPORTATION SERVICES

- Total transportation trips made: **43,848**
- Total miles driven in the Greater Cincinnati area: **267,898**
- Average number of transportation clients per day: **92**

SOCIAL AND PROTECTIVE SERVICES

- Clients enrolled in social and protective services programs: **293**
- Number of licensed social workers on Meals on Wheels' staff: **12**

SOCIAL CONNECTION PROGRAMS

- Number of older adults who received digital literacy training through the Digital Connect program: **439**
- Number of mobile tablets distributed: **349**
- Number of seniors enrolled in the Friendly Callers Club: **169**
- Average number of health and wellness offerings per month: **95**

VOLUNTEERS

- Total hours invested by volunteers: **11,575**
- Snack boxes assembled for seniors: **260,000**
- Birthday bags made for and delivered to seniors: **3,597**
- Pet food bags packed by volunteers: **12,451**



DRIVING INTO THE FUTURE CAMPAIGN

Meals on Wheels of Southwest Ohio and Northern Kentucky has embarked on a \$30-million campaign to build a state-of-the-art, 51,500-square-foot headquarters and meals production center at the former John Nolan Ford dealership in Columbia Township, Ohio.

The campaign will allow us to:

- increase the number of unique seniors served from **10,000 to 30,000** a year
- increase the number of meals produced annually from **1.2 million to 3 million**
- grow **private-pay** meal and transportation services
- launch a **wholesale business platform** to provide other nonprofits with meals to serve their communities
- expand **social connections and protective services** capabilities for seniors, caregivers and families

Meals on Wheels publicly launched the *Driving Into The Future Campaign* in April 2025 and broke ground the following October. **Occupancy is expected in early 2027.**

FEATURES OF THE NEW FACILITY

- Improved layout and linear design
- Increased cold storage and warehouse space
- Increased parking with a designated area for safe vehicle loading
- Volunteer and community gathering space
- All Meals on Wheels teams and operations housed under one roof for the first time

PROGRAM GROWTH AND INNOVATION

- Critical investments in our fleet for meal delivery and accessible transportation
- Investment in social enterprises to diversify funding and secure long-term sustainability
- Innovation with fleet management and routes



At 3251 Highland Ave., this location is accessible via Cincinnati Metro bus lines and provides easy access to I-71 and I-75.



Meals on Wheels leadership, "Driving Into the Future Campaign" leadership, community partners, corporate partners and campaign supporters and more broke ground in October 2025.

PROJECT PARTNERS

Danis Construction
Champlin | EOP Architecture
DNK
InLine Engineers

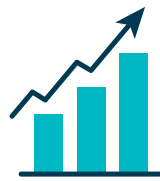
MORE INFO

Visit muchmorethanameal.org/driving-into-the-future for complete details.



A CRISIS IN AGING

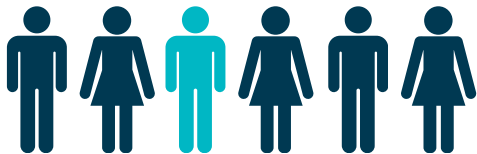
The number of Americans age 60 or older is growing rapidly—roughly 12,000 individuals turn 60 each day. With it, the demand for services to support them is growing. Senior population growth outpaces younger generations, leading to heightened age dependency.



There are currently 79 million seniors in the U.S. This population is set to reach 91 million by 2030 and 112 million by 2060. Within the next decade, there will be more seniors than children under 18 years old for the first time in U.S. history.



1 in 4 seniors experiences social isolation and loneliness, which may not seem like a health issue but can impact an individual's wellbeing physically and psychologically.



1 in 6 seniors faces the threat of hunger. Challenges related to mobility, transportation, finances, personal support and isolation contribute to this critical need.

Source: Meals on Wheels America, mealsonwheelsamerica.org/learn-more/the-issue

HOW MEALS ON WHEELS IS RESPONDING

We deliver much more than a meal. Every meal delivery and program engagement embodies compassion, support, service and connections for our seniors in three key areas.

NUTRITION

Our menu options for home-delivered meals and congregate meals are nutritious and include fruit, vegetables, protein and dietary essentials.

CONNECTION

Between in-person activities, meals served in community spaces, our senior center and our delivery drivers, we provide critical touchpoints that alleviate isolation.



PROTECTION

Our programs and services give us the chance to check on seniors' welfare at home. Our social and protective services team provides attention and response to ensure seniors have their basic needs met and are safe from exploitation.

ORGANIZATIONAL DETAILS

Meals on Wheels of Southwest OH & Northern KY is a 501(c)(3) tax-exempt organization. We are proud to partner with the Council on Aging of Southwestern Ohio and the Northern Kentucky Area Development District to meet the needs of seniors in our area.

We are funded in part by the Elderly Services Program where funds are received through senior-service tax levies of Hamilton, Butler, Warren and Clinton counties. We also receive a portion of our funding from the Older Americans Act, Ohio Department of Aging, Ohio Department of Medicaid, State of Kentucky and payroll taxes of the Northern Kentucky fiscal courts. We rely on generous individuals, foundations, corporate sponsorships, private foundations, clubs and leaders in the community to enable us to support seniors in our 13-county footprint. All charitable giving stays in the region.



LEADERSHIP

Mike Dunn, Chief Executive Officer
Connie Baker, Chief Operations Officer
Justin Beale, Chief Advancement Officer

Michael Beck, Chief Production Officer
Katie Cawley, Chief of Staff
Robin Rodgers, Chief Financial Officer

BOARD OF DIRECTORS

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DJ Hodge, Secretary
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Odesa Stapleton
Tamara Thrasher

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Mr. Robert Schilling

Ex-Officio Board Member
Mike Dunn



FAQs

WHAT NEIGHBORHOOD IS YOUR OFFICE LOCATED IN?

We are headquartered in Cincinnati: Our main office and production facility is located in South Fairmount, our transportation and social and protective services office is located in Clifton, and our senior center is located in Over-the-Rhine. We operate two satellite distribution sites for meal delivery in Middletown, Ohio, and Independence, Kentucky.

ARE YOUR OPERATIONS RUN ENTIRELY BY VOLUNTEERS?

No. Our production and operations teams include full-time and part-time staff for our home-delivered meals service, congregate meal sites, transportation services, OTR Senior Center management, social and protective services and social connection programs. We employ 145 people throughout all levels of our organization.

Volunteers are still critical to our operations. Nearly 5,700 individuals support our services by assembling weekly snack boxes for home-delivered meals clients, packing pet food, organizing meals for distribution, spending time at OTR Senior Center and with our congregate partners, and creating and delivering birthday bags for seniors.

WHAT IS YOUR RELATIONSHIP TO MEALS ON WHEELS AMERICA?

As an official Meals on Wheels America partner, we benefit from being a part of a powerful national network that fights senior hunger and advocates for our elders. Yet, all donations and gifts stay locally where we serve. In addition, we share best practices through the national organization and often adapt their educational and marketing materials, making us more efficient while lowering expenses.

HOW LONG HAS YOUR ORGANIZATION BEEN “MEALS ON WHEELS?”

Our organization originated as Wesley House in 1937, which provided housing for local seniors. To meet a growing set of needs, Wesley expanded its services (including meal delivery) as Wesley Community Services in 1997. The organization rebranded as Meals on Wheels of Southwest Ohio & Northern Kentucky in 2020. We then merged with Cincinnati Area Senior Services in 2021 and merged again with 55 North in 2023.

Visit muchmorethanameal.org/frequently-asked-questions for more information about our organization.