



Meals on Wheels Fact Sheet

- Spectrum Generations provides Meals on Wheels (MOW) throughout central and coastal Maine, covering the counties of Somerset, Kennebec, Waldo, Lincoln, Knox, Sagadahoc, and part of Cumberland (Brunswick and Harpswell).
- To qualify for MOW, one must be at least 60 years of age (or a disabled adult, age 18+), homebound, and unable to prepare a meal. These adults are the most vulnerable and at risk of going without a nutritious meal or even food.
- Meals on Wheels not only keeps homebound seniors fed, it helps them to remain living in their own home independently and with dignity. It connects them to other services that Spectrum Generations offers and it provides weekly social interaction for those who may not have any family around.
- More than 205,000 meals are prepared and delivered annually to over 1,600 MOW recipients in Spectrum Generations' service area.
- Spectrum Generations cooks and prepares our own food and pack them at our Cohen Community Center, Hallowell and Muskie Community Center, Waterville. They are then distributed to Spectrum Generations' Centers for delivery to seniors by community volunteers.
- 463 volunteers donate more than 28,500 hours annually to Spectrum Generations' nutrition program.
- In addition to delivering meals, MOW volunteers also provide a safety checks to assure that the homebound adult is healthy, comfortable, and safe.
- Spectrum Generations launched We Sustain Maine, providing better tasting, more nutritious food for our seniors while investing in Maine farms and the local economy.