

# Meals on Wheels Program

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PROMOTING HEALTHY LIVING IN THE ELDERLY

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- ❖ Texans Feeding Texans: Home-Delivered Meals Grant Program (HDMGP) and its mission to “feed the hungry and promote healthy lifestyles”.
- ❖ Meals on Wheels Program of Hood County is an advocate for the homebound elderly and the promotion of their proper nutrition and healthy living
- ❖ “The mission of the Hood County Committee on Aging is to provide nutrition, transportation, education, and recreation services to the 60+ population of Hood County so as to enhance and encourage independent living and individual well-being. The Senior Center plays a vital role in keeping Hood County Seniors happy, healthy, and able to continue to live independently in their own homes. By providing nutritional and transportation services for the seniors of Hood County we are enabling a generation of people to live with dignity and comfort on their own”.
- ❖ Through partnership for this cause the TDA and Hood County Meals on Wheels can improve nutrition and hunger in the elderly of Hood County

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## The Need

- ❖ The Meals on Wheels Program of Hood County would benefit by adding a commercial steamer to their existing kitchen.
- ❖ The current method of providing nutritious vegetables through the program is a tedious process. The process includes lifting large commercial pots of water onto the stove to boil the vegetables
- ❖ The process is time consuming, labor intensive and dangerous to the staff. The staff is at risk of being burned or having a back injury when lifting these heavy commercial pots.
- ❖ The commercial steamer will help serve healthier meals, provide for the safety of the cooking staff and increase the production process of preparing healthy vegetables for the seniors they serve
- ❖ The current funding of the Meals on Wheels funding is not able to purchase additional equipment, table and accessories for a commercial steamer. By providing funding for the programs basic needs they will be able to expand the area and the amount of people they assist.

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## Project Description

- ❖ The Project for the Meals on Wheels Program is to purchase a commercial steamer and accessories for their existing kitchen. With the purchase of the commercial steamer a year warranty of general maintenance is provided.
- ❖ The steamer will be placed in the kitchen with the other industrial cooking utilities
- ❖ Meals on wheels currently provides 67,600 meals to the elderly they serve. With the addition of the steamer, Mindy Hodges Director of the Hood County Senior Center and the Meals on Wheels Program states, “It will improve the overall quality and nutritional value of the meals we serve, while also improving the safety for the kitchen workers”.
- ❖ Having the Meals on Wheels Program operating within the center allows the seniors to enjoy a nutritious meal and socialize. Most of the volunteers are seniors that are active and want to help the elderly that are homebound and unable to attend the Senior Center for their meal and social interaction.
- ❖ The steamer can be operated easily by the kitchen staff. The steamer can cook meals and keep them warm for the meals on wheels facility until volunteers can give out meals. The steamer is an electric steamer so the facility can keep up with the maintenance on it very well.

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## **Project Goals and Objectives**

- ❖ The Senior Center Meals on Wheels program is a vital part of the community in Hood County. Their overall goal is to provide healthy meals to the homebound elderly and ensure the safety of the employees of the Meals on Wheels Program. The agency wants to make it possible to serve seniors in the community the most nutritious meals possible.
- ❖ Provide nutritious fresh vegetables to elderly with food insecurity
- ❖ Purchase a commercial electric steamer
- ❖ Ensure the safety of Meals on Wheels employees
- ❖ Maintain maintenance of the steamer

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## Action Plan

- ❖ Because of the side effects that malnutrition is causing in society, proactive intervention must occur. In order to decrease these side effects and the impact they are causing, the steamer and accessories are needed in a timely manner. Upon purchase of the electric commercial steamer the Meals on Wheels Program can immediately begin to serve healthier, more nutritious meals to the food insecure elderly. The kitchen will be prepared to receive the commercial steamer. Kitchen employees will train on proper handling techniques when manual of the steamer arrives.
- ❖ The Meals on Wheels Program can file this proposed grant by November 1, 2015.

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## Anticipated Outcomes

- ❖ The Meals on Wheels program will connect several communities together by helping serve food to food insecure elderly.
- ❖ The seniors currently being served will be provided healthy meals and a significant decline in their overall physical health issues will be evident.
- ❖ The Meals on Wheels program will be able to serve the homebound elderly and those who attend the Senior Center activities in a safer environment.
- ❖ Through volunteering, the younger generation can interact with the elderly population and become more involved with the community.
- ❖ By providing more meals to the elderly population, more elderly are provided for and the Meals on Wheels Program will grow into a bigger nonprofit agency for the community and generations to come.

SKU	Name	Price	Quantity	Total
WB7931060	C24EO5 Vulcan 5 Pan Electric Boiler less Steamer	\$6,310.00 Each	1	\$6,310.00
WB0216006	AG-MT-300 Advance Tabco 30"x 30" equipment stand	\$418.00 Each	1	\$418.00
WB0216042	TA-25 Advance Tabco Set of 4 casters(wheels)	\$193.00 Each	1	\$193.00
791520023	90023 Vollrath Super pan 3 full sz. 2.5" pan	\$30.35 Each	3	\$91.05
791577400	77400 Vollrath Full sz. Hinged Dome Steam Pan Cover	\$62.05 Each	3	\$186.15
791520042	90042 Vollrath Super Pan 3 Full sz. 4" Pan	\$25.85 Each	3	\$77.55
<b>Grand Total: 7,275.75</b>				



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## Implications for Social Work Practice

- ❖ Micro- The Code of Ethics dictates as future Social Workers the implication of oppression in the elderly population is a social injustice and must be addressed. In order to address this issue we must meet the individuals where they are and provide for their individual needs. This can be achieved at the Micro level by providing a nutritious meal to the food insecure elderly individual.
- ❖ Mezzo-The Community Center provides social interaction for the elderly population. The implication of the Code of Ethics at this level is Social Diversity. The group interaction at the Hood County Senior Center and Meals on Wheels Program is very diverse, combining all races, ages of the elderly, religious and political backgrounds.
- ❖ Macro-As future Social Workers, the Macro level of practice is important for us to identify the impact that food insecurity is having on the elderly population as a whole. The Code of Ethics states that will we advocate for those who are oppressed and exploited. Fighting for Social Justice for the elderly population is long overdue.

# References

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- ❖ Texas Department of Agriculture. (September). Home-Delivered Meals Grant Program. Retrieved from <https://www.texasagriculture.gov/GrantsServices/TradeandBusinessDevelopment/HomeDeliveredMealsGrantProgram.aspx>