

2025 ANNUAL REPORT

A Legacy of Nourishment and Care



MEALS
on **WHEELS**
OF CENTRAL MARYLAND

More than a meal SM

A Future of Impact



Delivering More Than a Meal: *The Work Continues*

We are pleased to highlight the many successes of the past year and hope you enjoy the stories that represent our collective work. This work was not without challenges, making us even prouder of our accomplishments.

The demand for our services continues to rise in response to the growing aging population. By 2030, one in five Marylanders will be over age 60, and food insecurity among older adults continues to climb. As people live longer, they are more likely to live with one or more chronic illnesses.

Rising costs and shifting priorities call for diverse funding streams and stronger partnerships across public, private, and community sectors. We want to take this moment to thank all of you who have been a part of this work.

As Meals on Wheels of Central Maryland moves beyond 2025, our mission remains constant — to deliver more than a meal to every neighbor who depends on us. Each meal delivered represents not just nutrition but hope and human contact — the reminder that no one in our community should ever be invisible or forgotten.

The past year reflects the strength of our mission and the dedication of our community. The path ahead will demand creativity, resilience, and collaboration at every level. Meals on Wheels is preparing for a new chapter focused on expanding infrastructure, strengthening service delivery, and ensuring we can meet the needs of the next generation of neighbors. With compassion, innovation and collective will, and thanks to your support and partnership, MOWCM will be prepared to meet the challenges ahead and continue delivering nourishment and dignity for decades to come.



Stephanie Archer-Smith
Stephanie Archer-Smith
Executive Director and CEO




Wade Barnes
Board President
Hartman Advisors

FISCAL YEAR 2025 OVERVIEW



1,453,060

Total meals delivered in FY25

This year, MOWCM delivered over one million meals and served thousands of homebound neighbors. At the same time, demand continues to rise due to inflation, housing insecurity, and the aging population across Central Maryland. To continue meeting this growing need safely and sustainably, the organization must now plan for its next phase of growth.

3,371

Volunteers in FY25

63,083

Hours spent volunteering

785,925

Miles driven

5,209

Clients served in FY25

46

Over the age of 100

190,314

Community dining meals in FY25

158

Pets served in FY25

75

Dogs

53

Cats

25

Veterans homes repaired in FY25



TOGETHER IN CARE:

Committed Partners

Together In Care, our program dedicated to healthcare partnerships, continues to grow, deepening our knowledge of food as medicine with each new project. Since 2015, MOWCM has been focused on growing our Together in Care program through new partnerships, the collection of data that demonstrates program impact, and participation in new research and demonstration projects which grow the evidence base and test new, innovative initiatives. For 10 years these partnerships have a proven record of reducing costs for those who have been referred to our program. Clients with frequent or intensive clinical encounters utilize hospitals less often when food insecurity is addressed with our intervention.

This year we were proud to welcome the West Baltimore PACE program as a partner with Together In Care. PACE is an all-inclusive program where adults receive care during the day. Shortly after opening, the West Baltimore team quickly recognized the prevalence of food insecurity among their participants and reached out to MOWCM to support their work. As a partner in their

holistic community-based treatment approach, we provide meals for patients on days when they are not scheduled to go to the center. This fills a critical gap, providing a cost-effective intervention that makes good use of limited funding.

As healthcare costs continue to rise, interventions that make the best use of precious resources are critical. Those experiencing chronic conditions are often high utilizers of emergency room visits. In fact, 15.5% of older adults in Maryland experience food insecurity, making it difficult to manage these chronic conditions and take medication properly. **A recent sample of 358 MOWCM clients showed that after three months of meal service, healthcare costs were reduced by \$13,030 per patient leading to a total savings of over \$4.5 million.** We are committed to sustaining the success of these programs, improving the health of older adults in Maryland, and reducing health care costs.



TEEN AMBASSADOR PROGRAM (TAP):

Teens Serve and Learn

Again, this year, the Teen Ambassador Program (TAP) opened doors to more than 30 students from across Central Maryland, including Patterson High School, The Friends' School of Baltimore, Meade Senior High School, Atholton High School, and many more. The program offers leadership experience, professional development skills, and service hours for high school students from rising 9th graders to seniors preparing for graduation.

Participants in the program learn about non-profit management, subject matter topics such as issues in aging, food insecurity and health, and food safety while learning to use their voice for advocacy to inspire change. Students also receive hands-on experience both packing

and delivering meals, where they have the opportunity to interact with our participants.

New this year, thanks to our partnering sponsor, Mariner Finance, students visited the Mariner Finance Headquarters to learn about financial literacy by participating in a day of fun, and interactive exercises designed to strengthen skills. Mariner Finance also visited our students during parents' day with Olympic skier Chris Lillis, a Mariner Finance sponsored Olympic athlete to speak with and volunteer alongside the students. Chris's message to the students was clear, "champions come in all shapes and sizes, and are not limited to competitive sports."





BECKY'S STORY

When Caring Comes Full Circle

For more than 30 years, Meals on Wheels of Central Maryland has held a special place in Becky's heart. Her connection began when her grandmother received meals. "She had family who could cook for her," Becky recalls, "but she loved the meals and the volunteers who delivered them."

Inspired by her grandmother's experience, Becky began donating to Meals on Wheels of Central Maryland, supporting the mission she had witnessed firsthand. After retiring, she found herself with extra time and wanted to be more involved. Becky and her husband now deliver meals together as a team. She says, "My husband drives and delivers the meals, and I do the navigation and Mobile Meals," she says, laughing.

Becky's involvement doesn't stop at meal delivery. She's also part of our Call Connections program, where she regularly chats with two clients, offering friendship and a listening ear. "I never knew how much Meals on Wheels does for their clients, beyond just providing meals. It's just amazing," she says. In just two short weeks, Becky realized how much this service still means to our aging, homebound and disabled neighbors.

From witnessing how meal delivery made such a difference for her grandmother, to supporting the mission as a donor, to now serving as a volunteer, Becky's journey reflects the significant lasting impact of Meals on Wheels of Central Maryland.



MR. LEVI

A Caregiver's Story

At Meals on Wheels of Central Maryland, our job is to feed people, but the impact of our work reaches well beyond the kitchen table.

Just ask Mr. Levi. He is the son, and caretaker for Ms. Coleman, a participant in our Home Delivered Meal program for the past eight years. Mr. Levi works full-time, leaving little time during the week to ensure his mother is fed, safe, and comfortable at home, where she lives alone.

"It was a relief signing my mom up for your program," says Mr. Levi. Meals on Wheels does a good job of providing a variety of meals."

When Mr. Levi thinks of his mother, food will always come to mind, remembering fondly coming home from school every day to a home cooked meal, and celebrating the holidays with special meals at home. Ms. Coleman embodies the impact of food on people's lives.

Now, Mr. Levi and Ms. Coleman have made the difficult decision to move her to a nearby nursing home. Without Meals on Wheels, this difficult and costly decision would have been needed much earlier, depriving them of the cherished time together.

"I would like to thank MOWCM for their services, for answering every call, for doing the job that they do," says Mr. Levi. "I will be donating, and if I have the time I would like to volunteer. I want to help families the way MOWCM helped mine."



We are inspired by Mr. Levi's dedication as a caregiver and humbled by his gratitude. We are honored to serve Mr. Levi and the many other families like his, whose time with loved ones at home is extended, and whose loved ones' lives are enriched by Meals on Wheels.



DRIVER COREY

Showing Up with Heart

When he first joined Meals on Wheels of Central Maryland in 2022, Corey thought it would simply be a driving job with steady work that kept him moving while he pursued his passion for music. But what began as a way to remain active and earn consistent income, soon became something far more meaningful.

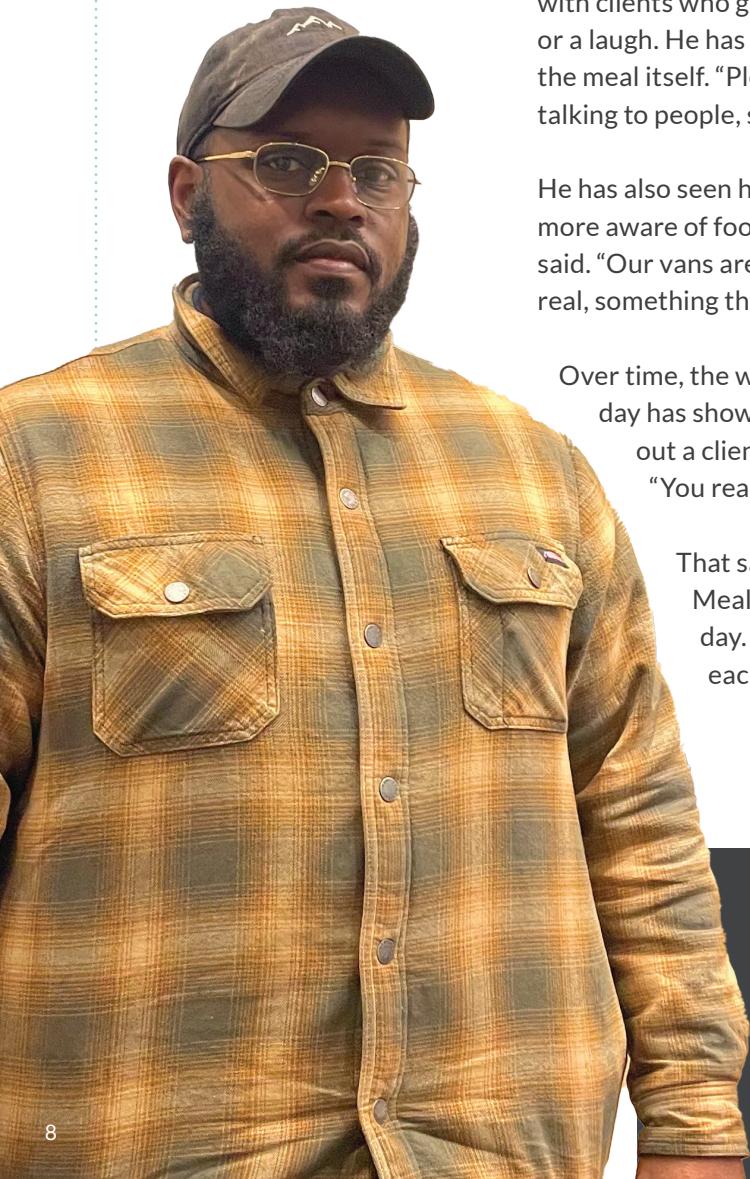
"I didn't know much about Meals on Wheels at first," he said. "But once I started delivering, I realized it's not just about food. It's how you show up."

Along his route through East Baltimore, he has built genuine relationships with clients who greet him like family, often offering an extra drink, a story, or a laugh. He has learned that kindness and conversation matter as much as the meal itself. "Plenty of people can hand out food," he reflected. "It's about talking to people, showing them you care."

He has also seen how deeply hunger affects his community. "I've become more aware of food insecurity and how many people live in food deserts," he said. "Our vans are like magnets. People see us and know this is something real, something they need."

Over time, the work has shaped his character. Delivering meals day after day has shown him both great joy and significant loss. "When you find out a client you've known for years has passed, it hits you," he said. "You realize how much of a bond you've built."

That same sense of connection carries from his route back to the Meals on Wheels kitchen, where every meal begins new each day. "It feels like a family here," he said. "Everyone looks out for each other, just like we look out for our clients."



We are grateful to Corey for his dedication to service and to the team of 40 drivers, and thousands of volunteers who hit the streets each day to ensure that our older adults are not only well fed, but well nourished.

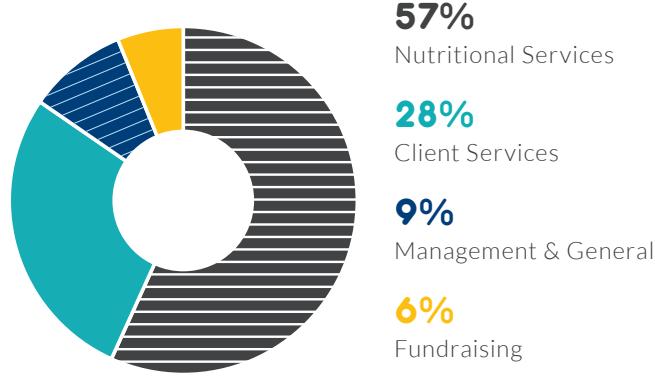
FY 2025 FINANCIALS

July 2024 - June 2025

The Board of Directors has engaged ELLIN & TUCKER, Certified Public Accountants, Baltimore, Maryland, to perform the annual audit. Selected financial data is provided which does not contain all the data and information disclosures required by generally accepted accounting principles. A copy of the complete audit report containing the required data and informative disclosures is available from Meals on Wheels of Central Maryland, Inc. upon written request.

ASSETS

Cash and Cash Equivalents	\$2,848,308
Receivables, Net	1,382,769
Pledges Receivable, Net	1,297,585
Government Fees and Grants Receivable	982,198
Prepaid Expenses and Other Investments	329,198
Right-of-Use Assets	28,959,778
Property and Equipment, Net	197,044
TOTAL ASSETS	\$40,231,746



LIABILITIES AND NET ASSETS

Liabilities	\$3,106,555
Net Assets	37,125,191
TOTAL LIABILITIES AND NET ASSETS	\$40,231,746

OPERATING REVENUE

Public Support	\$12,536,581
<i>(Public support includes special events, government fees, government grants, and contributions)</i>	
Program Services	3,313,953
TOTAL REVENUE	\$15,850,534

OPERATING EXPENSES

Nutrition Services	\$8,692,396
Client Services	4,257,283
Management & General	1,418,603
Fundraising	940,044
TOTAL EXPENSES	\$15,308,326

Change in Net Assets, before non-operating activities	\$542,208
Non-operating activities	1,034,852
Change in Net Assets	1,577,060
Net Assets at beginning of year	31,685,061

NET ASSETS END OF YEAR
\$33,262,121



ERNESTINE MCCOLLUM ANNUAL GIVING

The Ernestine McCollum Annual Giving recognition, named for a co-founder of Meals on Wheels of Central Maryland, acknowledges the contributions of those who supported our mission during the 2025 fiscal year.

\$100,000+

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The Kenneth S. Battye Charitable Trust
Robert Brager and Judith Golding
The Kahlert Foundation
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Leonard & Helen R. Stulman Charitable Foundation
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The Harry & Jeanette Weinberg Foundation

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Howard County Department of Community Resources and Services
Michael and Mary Lynch
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The Herman & Walter Samuelson Foundation

\$10,000+

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\$2,500+

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100.7 The Bay

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