



PROUD MEMBER OF



WHAT IS MEALS-ON-WHEELS?

Nutritious Meals Delivered To Homebound Seniors

- Delivered Monday through Friday with a friendly smile
- Homemade meals delivered hot daily
- Every meal includes 1/3 RDA dietary guidelines

WHO IS ELIGIBLE?

Any Homebound Person Who is 60 or over living in the nine estuary region towns

YOUR VOTE MAKE A DIFFERENCE!

Your Votes Last Year Helped Hundreds of Homebound Seniors.

WHO PROVIDES THIS SERVICE?

THE ESTUARY!

The Estuary is a registered 501(c)(3) non-profit working to promote independent healthy aging through supportive programs, services, and advocacy for older adults.

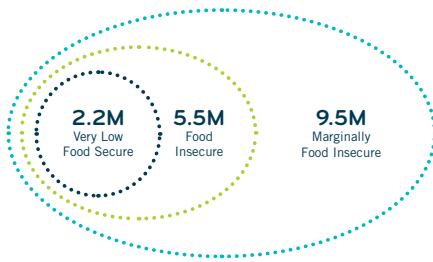
Almost 90,000 Meals were served in our communities in 2022!

This February, we hope you'll support vulnerable seniors by voting for Meals on Wheels on the customer ballot in Essex Savings Bank's Community Investment Program. Every vote counts and we need yours!

TOO MANY SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

NEARLY 9.5 MILLION SENIORS ARE THREATENED BY HUNGER

5.5M of which are food insecure or very low food secure.



1 IN 4 SENIORS LIVES ALONE

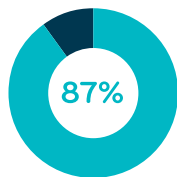


7.1 MILLION SENIORS LIVE IN POVERTY

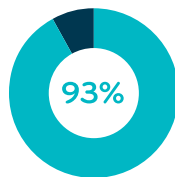
THAT'S AN INCOME OF \$234 A WEEK OR LESS, which, after housing, utility and medical expenses, leaves very little for food



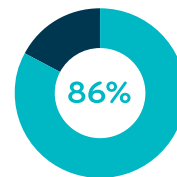
MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR HOMES, WHERE THEY WANT TO BE.



say it makes them feel more safe and secure



say it enables them to remain living at home



say it improves their health

The Estuary promotes independent healthy aging through supportive programs, services, and advocacy for older adults. We serve the Estuary towns of Chester, Clinton, Deep River, Essex, Killingworth, Lyme, Old Lyme, Old Saybrook, and Westbrook and are the only provider of Meals on Wheels for the Estuary Region.