

VIVALON MEAL ASSISTANCE ENROLLMENT GROWS AS PANDEMIC INCREASES FOOD INSECURITY IN MARIN COUNTY

*Record High Enrollment in Vivalon Meal Assistance Programs Indicates
Growing Food Insecurity Among Marin County Residents*

100% of Vivalon Nourish Clients Say Their Health Improved Because of the Meals they Receive

San Rafael, Calif. (December 20, 2021) – [Vivalon](#) (formerly known as Whistlestop), a San Rafael-based nonprofit that promotes the independence, well-being and quality of life for older adults and people living with disabilities, today announced that its meal assistance programs ([Meals on Wheels](#) and [Nourish](#)) served 870 individuals in the past six months, which represents an 80% increase over the same period prior to the pandemic.



Vivalon meal assistance enrollment grows as pandemic increases food insecurity in Marin

Marin County Aging and Adult Services estimates that 25% of adults over the age of 60, or over 17,000 people, do not have incomes high enough to cover the costs of their basic needs. This includes food, prescriptions, housing, utilities, and medical bills. Additionally, according to a report from [Feeding America](#), food insecurity for older adults is increased by a lack of affordable housing, isolation and loneliness, chronic health issues, medical bills, and fixed incomes.

“In Marin, which is often viewed as a wealthy and healthy community, so many of our neighbors are among the unseen who are in need of food assistance,” said Anne Grey, Vivalon CEO. “The holidays are always challenging for our homebound neighbors, especially for those who live alone, and COVID-19 is still a concern for older adults and people living with chronic health conditions. Vivalon is running a 2021 Holiday Meal Campaign so that the community can help ensure our neighbors have the meals they depend on this holiday season.”

Earlier this year, Vivalon asked its Vivalon Nourish clients about their experiences using Nourish. Responses indicated the following:

- 100% of people who responded said that their health improved and they lived more independently because of the meals they received
- 95% said the meals reduced their food insecurity and helped them eat healthier foods
- 72% said they felt less anxious
- 65% said they experienced fewer falls
- 53% said the meals helped reduce visits to their doctors

“When an older adult or someone suffering from a chronic condition enrolls in our meal delivery programs, they receive so much more than a meal. They are also joining a community,” said Erika Vaughn, Vivalon Nourish and Meals on Wheels Manager. “Their delivery drivers become their friends, they check in on them, ask them questions, help bring their mail to the door, and are even trained to look for signs of dementia or other possible health complications.”

(more)

Vivalon's Meals on Wheels program provides home-delivered meals for homebound adults who are 60 years and older. Vivalon's Nourish program provides home-delivered meals for Marin County residents of any age with chronic health challenges. To learn more about Vivalon's Meals on Wheels and Nourish programs, please visit www.vivalon.org/meals-and-nutrition.

To learn about other Vivalon programs, services, or to support Vivalon's Holiday Meal Campaign, please visit www.vivalon.org.

MEDIA PLEASE NOTE:

For questions or to request an interview with a Vivalon representative, please contact Gus Nodal at (415) 609-3438 or gus.nodal@gmail.com.

ABOUT VIVALON

Vivalon (formerly known as Whistlestop) has served as Marin County's hub for healthy aging for 67 years. As the largest nonprofit serving older adults and people with disabilities in Marin County, Vivalon helps these valuable community members stay healthy, active, connected, and informed with classes, workshops, and activities at its Healthy Aging Center; nutrition services such as home delivered meals through its Meals on Wheels and Vivalon Nourish programs and nutritious meals at its Jackson Café; and a variety of specialized transportation services. In addition to serving the needs of older adults and individuals living with disabilities, Vivalon provides services for other vulnerable populations, such as those with chronic health challenges and low-income families. For more information about Vivalon, please visit www.vivalon.org.

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