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## THE HEALTH TRUST MEALS ON WHEELS JOINS MEALS ON WHEELS PROGRAMS ACROSS THE COUNTRY IN 16<sup>TH</sup> ANNUAL MARCH FOR MEALS CELEBRATION

*SUPPORT WILL HELP TO FIGHT SENIOR HUNGER AND ISOLATION IN SILICON VALLEY*

**San Jose, CA, March 1, 2018** – The Health Trust Meals on Wheels announced today that it will be participating in the [16<sup>th</sup> annual March for Meals](#) – a month-long, community-by-community celebration of Meal on Wheels and the vulnerable seniors who rely on the vital service to remain independent at home.

“The services that we provide the seniors of Silicon Valley are critical and the need is rapidly increasing,” said Teresa Johnson, Director of The Health Trust Meals on Wheels. “Together, we can keep seniors living independently, healthier at home and feeling more connected to their community as they age.”

The annual March for Meals commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. Since 2002, Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“This March, hundreds of local Meals on Wheels programs will rally their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's most at-risk seniors all year long,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With the demand for Meals on Wheels increasing along with our country's senior population, we need to ensure that seniors are not forgotten.”

For more information on how you can volunteer, contribute or speak out for the seniors in Silicon Valley this March, visit [healthtrust.org](http://healthtrust.org).

### **About The Health Trust Meals on Wheels:**

The Health Trust Meals on Wheels delivers hot nutritious meals and offers wellness checks to seniors, adults with disabilities and homebound individuals. Roughly 80,000 meals are delivered annually to 568 clients throughout multiple cities in Santa Clara County. The Health Trust Meals on Wheels is a program of The Health Trust.

The Health Trust is an operating foundation founded in 1996. Our mission is to build health equity in Silicon Valley. We believe everyone should be afforded the opportunity to be healthy - especially the

most vulnerable. To that end, we provide direct services, fund community-based organizations whose work aligns with our mission, and advocate for policies and initiatives that help advance our mission. To learn more, please visit [healthtrust.org](http://healthtrust.org).

**About Meals on Wheels America:**

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network exists in virtually every community in America and, along with more than two million volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, research, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time. For more information, or to find a Meals on Wheels provider near you, visit [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org).