

SANDIA PRESBYTERIAN CHURCH

Volunteers in Action

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Your kindness
makes a real difference...

Albuquerque Meals On Wheels Program (AMOW) Needs Drivers And Other Volunteers

The Albuquerque Meals on Wheels Mission Statement is *"Nourishing bodies and spirits of the home bound with balanced meals and friendship."*

History and Background:

Founded in January, 1972 by an advisory group of women from the Presbyterian churches around the Albuquerque community, *Albuquerque Meals on Wheels* is a private 501(c)3 non-profit corporation.

Meals on Wheels began with 20 clients and 40 volunteers. Today they serve 500 clients who receive their home-delivered meals through an army of 400 volunteers. They proudly delivered 9,400 meals in 1972. Today Albuquerque Meals on Wheels is delivering over 140,000 meals each year.

Meals are delivered Monday through Friday. Currently, they also have one site (PACE Total Community Health Care) where AMOW delivers 120 meals each day.

Meals in 1972 were \$1.30 per day for five hot meals. Today AMOW meals cost \$5.75 per day, which includes a delicious entrée (meat, vegetable, starch) and a "cold pack" (milk, juice, bread, salad, dessert). Through cost cutting, efficient practices, and donations, they are able to keep meals reasonably priced while maintaining an excellence product and service. AMOW receives no federal or state funding. To-date they have been able to keep administrative costs at 9.88%.

Quality and taste are a high priority, and AMOW is fortunate to have a staff of fully trained chefs with over 120 years of combined experience in the food industry.

Besides providing nutritional meals to those in need, AMOW provides crucial social contact each day when volunteers deliver meals. Sometimes the volunteers are the only people those being served see during the day. AMOW volunteers provide friendship and compassion while checking on the wellbeing of each individual.

Albuquerque Meals on Wheels is the only 'home delivery program' preparing food for those with special medical diets including diabetes, renal failure, heart issues, chewing and swallowing problems.

Through grants, donations, and the support of the community, Albuquerque Meals on Wheels has established the *Low Income Medical Meal Program* for those meeting the federal government's defined poverty level of \$750/month or less and requiring a special medical diet due to health issues. Their program is presently the only program of its kind in the greater Albuquerque area.

AMOW provides services to anyone, with no restrictions on age or disability. They currently serve individuals in their 20's to the eldest, who just celebrated her 103rd birthday.

Albuquerque Meals on Wheels needs drivers and other volunteers to aid with meal preparation and office work. **Interested individuals should contact Samantha Blauwkamp, AMOW Executive Director at 823-8060 or Mary Bejcek, SPC Mission Program Coordinator, at 821-7446.**

"In response to our Lord's charge to 'Go and make disciples of all nations' and 'Take care of my sheep', our mission is to provide the people of Sandia Presbyterian Church an avenue to serve in humanitarian efforts and evangelistic outreach in local and world communities."