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ROTARY CLUB OF WINDSOR  
“An Evening in Seville”  
*Mission: Bridge the Hunger Gap*  
Saturday April 12, 2025 – Huerta Gym, Windsor



## OUR FUNDRAISER BENEFICIARIES

The Rotary Club of Windsor is excited to tackle a major challenge facing our community: bridging the hunger gap among the homebound and ill in Windsor. We have selected **Meals on Wheels (MOW)** and **Food for Thought (FFT)** as the Beneficiaries for our 2025 Annual Fundraiser. Our goal is to help provide food for seniors and medically restricted people in our Town of Windsor.

### Meals on Wheels

Federal funding for Meals on Wheels was expanded during the Covid epidemic, but those funds have recently been rescinded and the number of people needing food has increased. In Windsor, the number of home-delivered meals by MOW has surged from 808 to 895 monthly, a significant 11% increase. MOW has 235 seniors on the waitlist, including 14 residents from Windsor. Their grant request is for \$20,000 which would remove 10 Windsor residents from the Windsor wait list and get them into the program now.

The impact of the Meals on Wheels program extends beyond just providing nutrition. It plays a crucial role in addressing the increased risk of social isolation among homebound seniors. When the meals are delivered, there is an opportunity for the MOW volunteer to interact with the client, and do an informal health check.

In addition to committing to raise funds for MOW, the Rotary Club of Windsor has committed to a delivery route for Meals on Wheels. We will share the route among several volunteers from the club, delivering food once a week. It may be that we will be delivering food that we helped pay for!

### Food for Thought

The Food for Thought organization provides medically tailored meals, or ingredients for meals, as well as nutrition education, coaching and counseling to persons with serious medical illness who are at risk of malnutrition. Clients are referred by medical professionals. Locally, over the last 12 months, FFT has served 46 Windsor residents at risk of malnutrition through the provision of 12,264 medically tailored, diet-sensitive meals. Their comprehensive nutrition program offers evidence-based nutrition interventions to people living with a wide range of serious medical conditions, including HIV, cancer, and diabetes, and other chronic and complex health conditions, including comorbidities.

FFT's **Full Belly Program** serves nutrition-insecure pregnant women and their families, and the **Bags of Love Program** provides shelf stable food to homeless people. The Full Belly program is FFT's fastest growing program: providing food for expectant mothers and their unborn babies. FFT's clients are not restricted to the elderly, and their focus is on "choice and voice" by tailoring meals to reflect the clients' culture, tastes, and ability to prepare the meal themselves (which increases the chance that the meal will be eaten!). The submitted grant from FFT asks for \$5,000.

Please join with Windsor Rotarians as we work to **Bridge the Hunger Gap** by supporting these two organizations and our fellow Windsor residents.

Rotary Club of Windsor & Windsor Rotary Community Foundation  
A 501(c)(3) organization - Tax ID #68-0185065

Can you donate an auction item?

Call Carol Martin – [carolmartin016@gmail.com](mailto:carolmartin016@gmail.com) – 707-403-8200



Rotary Club of Windsor  
Windsor Rotary Community Foundation