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For Immediate Release

Peninsula Volunteers, Inc. Meals on Wheels Hosts “Mayors For Meals Day” on March 19 *Celebrating 36 Years of Meals on Wheels Service to South San Mateo County*

Menlo Park, CA (March 4, 2014) – For one day this year you can be sure that your local mayors will deliver the goods to their constituents! Mayors and officials will go door to door across mid-Peninsula cities bringing life-giving hot meals to homebound and frail seniors, who cannot cook for themselves.

Peninsula Volunteers, Inc. (PVI) *Meals on Wheels* program, celebrating 36 years of home delivered meals to South San Mateo County, announced today that it will be holding “*Mayors For Meals Day*” as their part in the nation-wide “*March For Meals*” campaign. Mayors Warren Lieberman of Belmont, Laura Martinez of East Palo Alto, Ray Mueller of Menlo Park, Jeffrey Gee of Redwood City, David Burow of Woodside, Vice-Mayor Jeff Aalfs of Portola Valley, and Sequoia Healthcare District Director Kim Griffin, will be personally delivering meals to show their support for our community’s seniors.



PVI’s *Mayors For Meals Day* event will include some vivid and compelling picture opportunities, including home deliveries, a demonstration of how meals are packaged for delivery, as well as a brief press conference.

“We are excited to have the mayors whose cities we serve get hands-on experience with this most vital human service. National studies show that senior hunger is a major health hazard. There is no need more basic than food, and about 12,000 seniors in San Mateo County alone – our most vulnerable population - face the threat of hunger. PVI delivers 130,000 meals to seniors every year, over half of them directly to homes through *Meals on Wheels*. Without these hot meals and daily safety checks these seniors are truly alone and at great risk,” said Bart Charlow, Peninsula Volunteers Executive Director.

March For Meals is a national campaign to raise awareness of senior hunger and encourage local community action. Senior nutrition programs across the U.S. promote *March For Meals* in their communities through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives. In 2013, over 1,500 mayors across the United States participated in delivering meals to seniors in their communities.

About Peninsula Volunteers, Inc.:

For 66 years Peninsula Volunteers, Inc. has created and provided high quality and nurturing programs for the aging on the Peninsula. Peninsula Volunteers provides programs, support and guidance for seniors in the community to allow them to pursue long and useful lives. Each year Peninsula Volunteers provides over \$5 million in services, including over 130,000 hot meals to seniors and the homebound, and impacts over 4,500 households through its programs: *Meals on Wheels*, *Little House – The Roslyn G. Morris Activity Center*, *Rosener House Adult Day Services*, and, through Peninsula Volunteer Properties, Inc., provides 82% of the affordable senior housing in Menlo Park at *Crane Place* and *Partridge-Kennedy Apartments*. For more information please visit peninsulavolunteers.org

About Meals On Wheels Association of America:

The Meals On Wheels Association of America (MOWAA) is the only national association and network dedicated solely to ending senior hunger in America. MOWAA is the oldest and largest organization composed of and representing local, community-based Senior Nutrition Programs in all 50 states as well as the U.S. territories. MOWAA’s vision is to end senior hunger by 2020. To obtain more information about MOWAA or to locate a local Meals On Wheels program, visit the MOWAA website at www.mowaa.org