



Program:

02/10/2026 12:50 PM

Application #: 360906

Application / Project Name:

MIFA Meals on Wheels - 360906

Application Party ID:

229935

Organization ID#:

16680

Please complete the fields below for your organization. If your program is sponsored by a fiscal agent, please complete the information for the sponsor organization.

Organization Legal Name:

MIFA

LIVEGIVEmidsouth.org Profile URL:

<https://roundtable.livegivemidsouth.org/organizations/1146031>

Organization Address:

P.O. Box 3130, Memphis, TN 38173-0130

Organization Phone Number:

901-527-0208

If your program is sponsored by a fiscal agent, please list the name of your program.

Grant Contact Name:

Bledsoe, Angela

Grant Contact Title:

Grant Admin

Grant Contact Email:

abledsoe@mifa.org



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Grant Contact Phone:

(901) 529-4571

As stated in the application guidelines, an eligibility requirement for this application is a LIVEGIVEmidsouth.org profile in progress. To meet eligibility, the applying organization needs to submit a new LIVEGIVEmidsouth.org profile to be published OR submit updates to an existing profile for review by February 6, 2026.

I understand this requirement.

Yes

As stated in the application guidelines, a representative from each organization chosen as a grant finalist must participate in the presentation for the GiVE 365 Finals event in April.

I understand this requirement.

Yes

In order to keep GiVE 365 members informed of the grant's progress, grantees are required to provide brief updates that can be shared with members two times in the twelve-month grant period. If awarded this grant, you will be asked to provide updates that might be shared with GiVE 365 members through some or all of the following methods: social media, e-newsletters, photos/videos, site visits, and other donor education opportunities.

I understand this requirement.

Yes

How will GiVE 365 funds be used?

Expand or sustain an existing program

Grant Amount Requesting:

\$10,000.00



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Please provide a brief 2-3 sentence summary of your project or program for use in communications with GiVE 365 members and for The Finals event program, should your application be chosen. (The description may be edited by staff.)

MIFA's Meals on Wheels is an established program that supports our community's older adult population by providing freshly prepared meals to nutritionally at-risk and disabled seniors. This program provides residential meal delivery to homebound seniors with the help of volunteers and meal service to more active older adults at congregate meal sites. Meals on Wheels is provided to clients at no charge to them and serves Shelby, Fayette, Lauderdale, and Tipton counties.

Please explain the ways your organization helps build food access and community connection through homegrown solutions.

MIFA began residential meal delivery in 1976 in response to a prevailing community need and in 1981 extended meal service to congregate sites. Congregate sites are community centers where active older adults can gather to dine in a communal setting and participate in other activities.

Meals on Wheels is an on-going, year-round program that serves over 2,000 individuals each week. Program objectives are to 1) support health, 2) reduce food insecurity, and 3) provide an increased sense of community and personal security for older adults and their families concerned about their food status. Each balanced meal provides one-third of the U.S. recommended daily adult dietary intake and is prepared under the guidance of a certified dietitian and packaged for delivery in the MIFA kitchen. MIFA works in concert with our primary partner, the Aging Commission of the Mid-South to identify and screen all clients.

Memphis ranks among the top of all U.S. metro areas in the percentage of seniors facing food insecurity. As the sole provider of Meals on Wheels in our area, MIFA recognizes our responsibility and unique position to address this critical need. The risk factors for senior hunger and food insecurity are reflected in the Memphis older adult community and in the population that our program serves: the majority of our seniors are African American, they are women (63% are female), they are low-income or disabled, and they live alone. The program's target population is individuals aged 60 and over, and disabled adults who are homebound and at-risk due to illness or disability. Clients do not have to be low or moderate income to qualify for services – need is based on different criteria, such as nutritional and functional need and access to food.

Our work and successes through Meals on Wheels have a direct tie to the community through the support of volunteers. The program relies on dozens of daily volunteers who contribute their time delivering hot meals to residential clients. Volunteers help to combat loneliness by providing a friendly greeting and a wellness check along with a meal. Their kindness and passion for the work is inspiring. MIFA welcomes individuals and groups of all kinds to assist in Meals on Wheels delivery.



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Our volunteers come from all walks of life, and we are grateful for their contributions of time and effort. Last year, 1,904 volunteers contributed 62,874 service hours.

This senior nutrition program serves as a lifeline to older adults struggling with food insecurity, nutrition challenges, mobility, loneliness, and countless other difficulties of aging. We know that our service begins with the meal but delivers so much more. The delivery of a nutritious meal, and interactions with volunteers, create the opportunity to build a relationship with the individual senior, opening the door to identify and deliver other valuable services that promote independence and well-being. By fostering social connections, providing safety checks, and delivering nutritious meals, MIFA's Meals on Wheels supports our client's ability to maintain their health and independence, and to age in their own homes and communities.

How will the grant funds be used?

Federal funding through the Older Americans Act is the primary source of funding. Through this grant MIFA is reimbursed \$7.65 for every meal that our program delivers. The actual cost from our facility to the client's door is \$11.65, leaving MIFA to subsidize the remaining \$4.00 gap with private donations. This grant will be used to fill the gap for 2,500 meals. This is a month's worth of meals for 119 Meals on Wheels clients.

Explain how people from the communities you serve are involved in your organization's decision-making.

MIFA is led by a 25-person board of directors made up of volunteer leaders from the lay and faith community, representing the community at large. The board supports the work of the organization and provides mission-based leadership and strategic governance.

In addition to Meals on Wheels, MIFA provides a set of housing stability programs designed to assist homeless families secure shelter and permanent homes, and to address the challenges that can lead to homelessness. The MIFA Family Programs Board Committee is composed of board members, staff, community volunteers, and formerly homeless consumers. This committee meets periodically and reviews policies and procedures, develops service enhancements, and ensures that the homeless principle "nothing about us without us" is at the core of our family programming work.

As a result of this funding, what will be achieved for both your organization and those you serve?

In addition to easing senior food insecurity, Meals on Wheels has a proven impact on a range of senior health and social outcomes including healthcare use and isolation. An evaluation of MIFA's own program provided a clear connection between meal delivery and a reduction in hospital utilization and other health care encounters among the most fragile clients. These results continue to underscore the value of this service to our senior neighbors and our community as a whole.



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The program's impact is best illustrated in what we hear from our clients. The seniors surveyed reported the following: 90% believe the program helps them feel better, 94% eat healthier foods, and 89% believe the program helps them continue living in their own homes.

For the older adults who receive meals, the impact can be significant. Like the client who can walk to her mailbox because the nutritious food is helping her feel better after leaving the hospital, or the 89-year-old man with arthritis pain who relies on his Meals on Wheels meal to take his medication, and the woman who is relieved that MIFA also delivers pet food so she can keep her little dog with her.

Many of our clients are in their 70s, 80s, and 90s, we even have some that are 100 years old. These older adults depend on the meal that they receive from MIFA. Last year MIFA Meals on Wheels provided 395,000 meals to 3,066 older adult and disabled clients.

By providing consistent access to a nutritious meal the program:

- Fills the nutrition gap for older adults when they may no longer be able to cook or shop for themselves
- Reduces food insecurity and health risks
- Addresses social isolation and safety monitoring
- Promotes independence
- Provides a meaningful community volunteer opportunity

Full Name of Executive Director or Authorized Signer:

Sally Jones Heinz

Date:

2/10/2026

MIFA

MIFA Meals on Wheels

Program Budget, FY 26

Revenue	
Grant income - ACMS	\$3,902,752
Grant income- City	
Grant income- Private	
Misc Income	\$225,943
Program income	\$1,687,219
Contributions	\$508,433
Total operating income	\$6,324,347
Operating expenses	
Payroll, payroll taxes, and benefits	\$1,701,346
Temporary Agency	\$0
Food cost	\$2,967,885
Food cost- Meetings	\$6,000
Travel - Mileage	\$4,000
Training, dues, and memberships	\$10,000
Facility allocation	\$226,536
Utilities	\$5,056
Maintenance - Equipment	\$0
Maintenance - Kitchen	\$25,000
Maintenance - Vehicle	\$65,000
Vehicle fuel	\$45,000
Taxes, licenses, and other	\$1,000
Taxes, licenses, and Vehicle	\$7,000
Contract services	\$234,000
Contract services - Computers	\$379,785
Professional services	\$40,000
Insurance - Liability	\$30,000
Insurance - Vehicle	\$75,000
Dues and memberships	\$3,000
Communication Cell phones and pagers	\$61,258
Postage	\$500
Advertising	\$0
Printing	\$7,000
Supplies - General	\$70,000
Equipment - Other	\$0
Pet Food	\$2,500
Recognition	\$12,104
Miscellaneous	\$3,000
Administrative cost allocation	\$511,983
Total operating expense	\$6,493,953
Surplus (Deficit)	(\$169,606)