

the dish

Summer 2026



Meals on Wheels
OF RHODE ISLAND

Stepping into the Warwick home of Gloria, visitors are immediately surrounded by warmth. A Meals on Wheels of Rhode Island home-delivered participant since 2013, Gloria's gratitude for the program is as constant as her bright, welcoming smile.

Gloria is able to live independently in her own apartment with support from family members and in-home care professionals who help her manage daily needs.

Living with multiple chronic health conditions makes it unsafe for Gloria to safely shop for groceries and prepare meals on her own. Access to consistent, nutritious food isn't just helpful—it's essential to her health and well-being.

Over the years, Gloria has navigated significant health challenges that have changed what daily life looks like for her. She is able to maintain good health and independence with the support of her care team—and the consistent nutrition provided through Meals on Wheels of Rhode Island.

"Meals on Wheels gives me more than meals—it gives me peace of mind. I know I'll have healthy food to eat and people looking out for me."

In 2026, Meals on Wheels of RI expanded its Food Is Medicine approach with the introduction of a medically tailored renal menu designed for individuals with compromised kidney function.

Through Rhode Island's Medicaid Long-Term Services and Supports (LTSS) program, Gloria receives these medically tailored meals delivered right to her door.

For Gloria, this isn't just a new option—it's a meaningful tool that helps her better manage her health. Each month, she looks forward to reviewing the menu with our team, ensuring her meals meet her specific needs.

Gloria's story showcases the power of Food Is Medicine.



WE ARE #MORETHANAMEAL



Dear Friends,

As we find ourselves amazed that half the year has flown by, we're thrilled to share all we've accomplished and to express our deep gratitude to everyone who helped make it happen.

In early 2026, we launched our 2030 Strategic Plan: Building Resilience, Deepening Impact, a bold plan to ensure long-term organizational sustainability and programmatic growth.

Just six months into this plan, we're well on our way to an even stronger and more impactful Meals on Wheels of Rhode Island.

We're celebrating several important milestones this year. During March for Meals, we released our first-ever policy brief at our annual Advocacy Breakfast. We also launched a partnership with Crossroads Rhode Island to serve unhoused or housing insecure individuals in its state-certified Medical Respite Program operated in collaboration with Brown University and expanded our partnership with Rhode Island Hospital to reach cancer patients experiencing food insecurity. Throughout it all, we've continued to strengthen the core nutrition programs that support older adults across Rhode Island.

None of this progress would be possible without the generosity and commitment of supporters like you.

The road to 2030 won't always be easy. Challenges will come and we won't always be able to predict when or how they will affect us.

We'll be ready to respond to federal and state changes with data-driven decisions. To strengthen our research capabilities, we're partnering with Brown University School of Public Health to better measure our impact and participant health outcomes.

MOWRI has momentum, readiness, and the opportunity to act now to deepen our impact.

Your continued support will get us there.

In gratitude,



A blue ink signature of Meghan Grady.

Meghan Grady
Executive Director



A blue ink signature of Christina Pitney.

Christina Pitney
Board President

FROM COVER

Home-delivered meals are just one part of the experience. Gloria often speaks about the delivery drivers who bring her food—and who take the time to check in, offer a smile, and make sure she's doing well. Those small check-ins can make a big difference, helping people feel less alone.

You make stories like Gloria's possible.

Your support delivers more than meals. It provides medically tailored nutrition, wellness checks, and the connection that food and nutrition insecure Rhode Islanders need to stay safe at home and manage their health.



MOWRI Driver Bill is holding a framed photograph of RI General Treasurer James Diossa visiting Gloria in her home.

Make your gift today
using the enclosed
envelope or scanning
the QR code.



2026 by the Numbers*

Total Meals Served



239,045

Maternal Health Meals



33,343

Medically Tailored Meals



14,481

Café Meals



6,844

Pounds of food distributed
through No-Cost Market



65,864

Volunteer Miles Driven



136,521

*Impact numbers as of June 30, 2026

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march for meals

#MoreThanAMeal

MOWRI's annual March for Meals campaign shines a spotlight on the essential role our work plays in helping older adults remain nourished, independent, and connected. The campaign commemorates the March 1972 passage of the Older Americans Act, which established a national nutrition program for older adults and laid the foundation for the home-delivered meal services that now support thousands of individuals and families in Rhode Island and millions more across the country.

THANK YOU TO OUR SPONSORS



In Rhode Island, March for Meals is an opportunity to recognize the older adults we serve and the supporters who make this work possible. By engaging elected officials, community partners, and campaign sponsors in special meal deliveries and fundraising efforts, we help raise awareness and generate critical resources that sustain and expand our programs. Initiatives like our "Drive the Support" in-store fundraiser directly strengthen our ability to deliver meals, provide connection, and improve quality of life for homebound older adults throughout the state.

Your support raised more than \$114,000 during our 2026 March for Meals campaign, a tremendous testament to the strength of our community and its commitment to ensuring older adults across Rhode Island receive the nourishment and connection they need.



Annual Advocacy Breakfast

Part of the March for Meals campaign, MOWRI's Annual Advocacy in Action breakfast is a policy-focused community event spotlighting legislative efforts that propose to accelerate and advance work in the Food Is Medicine space.

Our 2026 breakfast featured the release of MOWRI's inaugural policy brief, "Advancing Food Is Medicine in Rhode Island: The Role of Medically Tailored Meals" and an insightful panel discussion on the topic. [More details on the next page.](#)



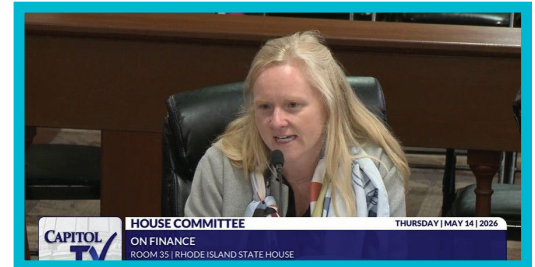
Victory for Food Is Medicine in Rhode Island

In June, Rhode Island took an important step forward in recognizing the connection between nutrition and health. Governor Dan McKee signed House Bill 8171 Sub A and Senate Bill 2892 Sub A into law, advancing Food Is Medicine efforts statewide.

The legislation directs the R.I. Executive Office of Health & Human Services to establish a Food As Medicine Task Force to develop recommendations for a statewide pilot program.

This progress builds on work already underway. Meals on Wheels of Rhode Island has delivered **nearly 50,000 medically tailored meals** to individuals managing chronic conditions, demonstrating the powerful role nutrition plays in improving health outcomes.

Together, these efforts bring Rhode Island closer to a future where no one's health is compromised by a lack of access to nutritious food. We are grateful to Sen. Victoria Gu and Rep. Justine Caldwell for their leadership in advancing this legislation.



MOWRI Releases First Policy Brief in Organizational History

Advancing Food is Medicine in Rhode Island: The Role of Medically Tailored Meals (2026)

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Rhode Island faces rising healthcare costs and growing rates of chronic disease, and a new report from Meals on Wheels of Rhode Island (MOWRI) outlines a promising solution: treating food as part of healthcare.

Released at MOWRI's Advocacy in Action Breakfast in March, *Advancing Food Is Medicine in Rhode Island: The Role of Medically Tailored Meals (2026)*, makes the case that coordinated statewide expansion of MTMs would also reduce preventable hospitalizations and improve chronic disease management amongst food and nutrition insecure populations.

The report was developed in collaboration with graduate students in Sarah Amin, PhD's community nutrition course at the University of Rhode Island. Amin is a member of the MOWRI Board of Directors.

To read the full brief, please visit www.rimeals.org/programs/advocacy

Expanding Access to Medically Tailored Meals

In April 2026, NBC 10's Barbara Morse highlighted MOWRI's partnership with Brown University Health to serve home-delivered meals to post-discharge patients identified as food insecure with severe malnutrition, like Jack, who had been hospitalized with an infection and needed access to food to help with his recovery. Brown was recently awarded a \$100k grant from the American Cancer Society to continue this work and delivery of medically tailored meals for patients undergoing chemotherapy and radiation treatment.



MOWRI program participant Jack, bottom left, told NBC 10 that home-delivered meals have helped him recover from a hospitalization.

MOWRI in Action

Veterans Café Goes Statewide, Welcomes Vets of All Ages

Launched in 2024, the MOWRI Veterans Café, part of our Capital City Café Program, now offers Rhode Island Vets of all ages a monthly socialized dining program with nutritional education specific to their needs and interests and a sense of community in a warm, welcoming, and inclusive environment. In 2026, we're hosting Vets Cafés across the state to reach more members of this community who can benefit from our program, held in partnership with the R.I. Office of Veterans Services.



Grady a Panelist at PBN Healthcare Summit

Providence Business News' spring Healthcare Summit featured MOWRI Executive Director Meg Grady as a panelist of Rhode Island healthcare leaders who discussed how the state can better reach underserved populations with services and programs including Food Is Medicine interventions. MOWRI's place at this table highlights our evolution from community-based organization to trusted healthcare partner.

ROSE Launches to Support Maternal Mental Health

The ROSE (Reach Out, Stay Strong, Essentials for mothers of newborns initiative) will help ensure new moms are well prepared to cope with the stresses of life with a newborn baby. Part of MOWRI's Maternal Health Equity Program ROSE, provides participants with prenatal counseling sessions to help reduce the likelihood of postpartum depression. Topics include relationship management, self-care, and goal setting.



2026 Annual Meeting Highlights MOWRI Evolution

In late May, we welcomed our generous sponsors, dedicated supporters, and trusted community partners to the Squantum Association in East Providence for MOWRI's biennial annual meeting. Together, we celebrated impact, leadership, and momentum for our 2030 Strategic Plan, "Building Resilience, Deepening Impact," welcomed our new board and committee members, and enjoyed a strategy update.

Welcoming Our Supporters

There's no better way to get an inside look at our everyday work than with a tour of our Providence headquarters, where, in addition to housing our administrative team, we dispatch 1,000 meals per day, operate our food pantry, house our vehicle fleet, and host collaborative community meetings. Monthly supporter tours are open to all interested in learning more about our daily operations. Please call our office at (401) 351-6700 and ask for the development and external affairs team to register for an upcoming tour.





Volunteer Spotlight

In a new video, we follow Meals on Wheels of RI volunteer Donna Wolcott through a typical delivery day — from picking up meals to checking in with the individuals she serves along her route, bringing both nourishment and connection to those who rely on this service.

MOWRI is powered by nearly 500 volunteers across the state—including Block Island—who help deliver meals, provide wellness checks, and bring opportunities to socialize to neighbors across Rhode Island.

MOWRI ❤️ Our Volunteers

MOWRI home-delivered volunteers are delivery heroes, who mean everything to those we serve and to everyone at our organization. Held during National Volunteer Month in April, our 2026 Volunteer Appreciation Luncheon was a wonderful afternoon of celebration and connection honoring our volunteers' commitment to our mission.



Scan to see what it means to deliver more than a meal.



Building Impact Capital Campaign Update

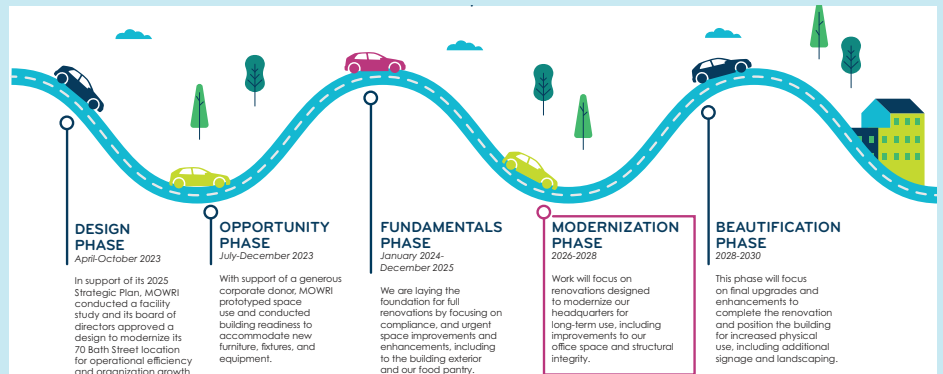
MOWRI's capital campaign to fund extensive renovations of our 70 Bath St. headquarters is in motion, with 93% of our \$2 million goal raised.

We've completed the opportunity and fundamentals phases of the renovation, including urgent space improvements, ADA compliance needs and enhancements to the building exterior and our food pantry.

The renovation is currently in its modernization phase, concentrating on work designed to modernize our headquarters for long-term use, including improvements to office spaces and structural integrity.

Future work includes final upgrades and enhancements that will position us for increased physical use, including signage and landscaping.

To make a gift toward our campaign, visit www.rimeals.org/building-impact



Scan QR code to donate rimeals.org/buildingimpact



Your Gift Fuels Health Right Here in Rhode Island

Every dollar stays right here in Rhode Island—supporting the health, safety, and independence of neighbors of all ages.

\$11 Provides one home-delivered meal, a wellness check, and a friendly visit.

\$55 Keeps meals and support going for several days

\$110 Helps someone stay healthy and living at home

\$500 Provides medically tailored meals and support for individuals managing chronic conditions

Save the Date



Festival of Meals

Tuesday,
October 20, 2026

Crowne Plaza Hotel,
Warwick

For event details visit www.rimeals.org

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