



OUR 2029 STRATEGY: UNITED

Texas is home to one of the fastest-growing populations of older adults in the country. Local meal providers are navigating rising food costs, workforce shortages, and inconsistent funding, all while demand continues to surge.

Meals on Wheels Texas is the statewide association that supports, strengthens, and amplifies the work of more than 250+ community programs serving older Texans and individuals with disabilities. When local programs thrive, older adults can remain healthy, safe, and independent at home.

Our three-year strategy unites partners across Texas to build a stronger, more equitable nutrition network that combats hunger, isolation, and health disparities.



MISSION:

Providing education, advocacy & connection to create a unified voice for nutrition providers that improves the lives of older Texans and individuals with disabilities.

VISION:

To ensure every older person and individual with a disability in Texas is well nourished and has the social supports they need to age in place with dignity.



ABOUT THE 2029 STRATEGY: UNITED

A three-year plan to build a stronger, more equitable, statewide nutrition network.

STRATEGIC PRIORITY		WHY IT MATTERS
UNITED	Uplift Locally: Strengthen and modernize local meal programs by sharing best practices, improving service delivery, and supporting volunteers so every community can better serve older Texans.	Strengthening local programs ensures that no community is left behind, urban, suburban, or rural.
	Nourish Statewide: Expand access to nutritious meals across Texas, closing service gaps and ensuring that every county has coverage through coordinated partnerships and innovative delivery models.	Every older Texan deserves access to nutritious meals, no matter their ZIP code.
	Influence Legislation: Advocate for fair funding, policy improvements, and consistent statewide standards that protect and strengthen local senior meal programs.	Funding stability at the state level directly determines whether seniors receive meals.
	Thrive Financially: Build long-term financial sustainability through fundraising, partnerships, and grants that benefit both the statewide network and local providers.	A resilient infrastructure ensures continuous care for older Texans, even in crises.
	Engage Members: Invest in professional development, peer networks, and regional collaboration to strengthen member organizations and the collective impact of the network.	A strong workforce and informed providers improve outcomes for seniors.
	Dialogue Effectively: Strengthen communication across the network to ensure members receive timely information, unified messaging, and consistent visibility.	Clear communication boosts member value and strengthens the statewide network’s impact.