

HAWAII MEALS ON WHEELS (HMoW) Featuring our very own – Rick Tabor

Please Watch & Please Share

<https://youtu.be/eJQzuYvL4-A>

In 2024, Hawaii Meals on Wheels delivered 202,832 Meals. That record will be broken soon and we expect to deliver around 300,000 meals in 2025. To put that into perspective, HMoW were delivering 776 meals before the pandemic.

Note: Hawaii Meals on Wheels' medically compromised and special diets make up 70% of their meals. Those over the age of 65 are the fastest growing population in our country right now, today.

HMoW's are in need of Volunteers, so they can serve Oahu's current level of Kupuna who are in need of meals.

Could you please share and ask with your incredible networks? Maybe post it in your newsletters. & resource links? This is one of the most meaningful asks Rick has ever made. Please watch & share this show with everyone you can think of. And have a terrific day! (Rick)

<https://youtu.be/eJQzuYvL4-A>

**Watch Susan
& Rick In Action**

We're going to be
featured on

*Here
Hawaii*
**elevate
808**
HAWAII STATE
HAWAII STATE

July 27 @ 5PM HST

khon2

@HereInHawaiiTV

<https://youtu.be/eJQzuYvL4-A?si=-JpNXqwuFpCKWuat>

The graphic includes a photo of Susan and Rick Tabor. Susan is standing and smiling, wearing a dark blue polo shirt and skirt. Rick is seated in a wheelchair, wearing a blue patterned shirt and dark pants, with his hands clasped. A circular logo for 'HAWAII MEALS ON WHEELS' is overlaid on the bottom right of the photo, featuring a stylized figure and three red paper airplanes.

HAWAI'I MEALS ON WHEELS



1,365
clients

**RECORD
HIGH!**

202,832
meals delivered

12
kitchen partners

70%
medically tailored
(customized) meals

774
average meals
delivered daily

207
customized
meal types

135
referral calls
per month

60%
female
clients

95
meal delivery routes

78
median age

PIHA ME KA HAU'OLI

This was in our March 2025 Newsletter.