Approximately 55% of seniors receiving meals from Coastline Elderly Nutrition Program responded to a survey, which assessed the impact and quality of their meal service. Meals are provided to seniors aged 60 and over at community dining sites or delivered to those who are homebound. This past year, more than 430,000 meals were served to seniors to improve nutrition status, reduce hunger, and promote socialization. Survey results indicated the following:

**Meals help participants live independently in the community.**

- About 78% of home delivered respondents, and 79% of congregate respondents reported the program meals help them to live independently.
- 61% of homebound respondents received 5 or more meals per week, with around 25% receiving additional meals.
- Almost half (46%) of congregate respondents attended community dining 5 days a week.
- Of total survey respondents, 44% were 80 years old or older, and 9 of them attended meals at congregate sites.

**Participants report satisfaction with meals.**

- Approximately 80% of respondents rated the program meals as excellent or good.
- 82% reported satisfaction of variety, taste, appearance, and how meals were cooked almost all the time.
- Nearly all respondents (95%) reported they would recommend the program to a friend.

**The program helps with food security.**

- Roughly, 62% of survey respondents reported their program meal is the main meal of the day, and 92% of congregate respondents said that the meal helps them to save money on food.
The program provides significant nutrition, health, and wellness benefits.

- 58% of respondents said the meals contributed between 1/3 and 1/2 of their daily intake, with 20% reporting meals contributed to more than 1/2 of their total daily intake.
- 83% of homebound respondents felt that the program improved their health.
- 90% total respondents report the meals help them feel better.
- 90% reported the program meals help them eat healthier.

The program provides a safety check and reduces isolation.

- More than 1/3 (35%) of home delivered meals respondents live alone with no one to check on them but their drivers.
- 78% of home delivered meals respondents feel less lonely because of their driver, while 87% of congregate respondents reported they feel less lonely because they attend a meal site.
- 97% of congregate respondents reported attending community dining helps them to socialize.