

The Vidda Foundation

Final Report Form

The purpose of the Report Form is to help Vidda Foundation's Trustees understand the activities and outcomes of your grant. This form is now part of the proposal process. **Your application for funding will be considered incomplete without it.** Please upload this form along with your grant proposal via the Information Upload link at <https://www.vidda.org>. If you have any questions about the process, please contact grants@vidda.org.

Instructions

Grantees may choose to complete the form below or format their own Word document. Both allow for copy-paste from existing reports to other funders. Regardless of approach, we request that all grantees please:

- Type and single-space all reports.
- Use headings as provided.
- Answer all questions in the order listed. If a question does not apply, please respond "NA" or "Not Applicable".
- Indicate if information is being provided in a separate attachment (e.g. budgets or financial statements). If requested attachments are not available, please include an explanation.
- Use as much space as needed, while being as concise as possible.

The Vidda Foundation

Final Report of Citymeals on Wheels

on grant period beginning 7/1/2025

NARRATIVE

I. Major Objectives

List the major objectives of the grant as specified in your original grant proposal. Describe the progress toward accomplishing your objectives and note the number of persons affected by your activities (when appropriate).

Last year, our proposed objectives were to:

1. Deliver weekend, holiday, and emergency meals to nearly 22,000 older New Yorkers, ensuring that our most vulnerable neighbors have nutritious food every day of the week;
2. Deepen our focus on supplemental food for the substantial share of recipients who need more than one meal a day;
3. Grow our Breakfast Box program to reach 2,000 recipients by the close of the fiscal year;
4. Scale our Mobile Grocery programs to bring additional groceries and fresh produce to hundreds more older adults; and
5. Advance new programs addressing grocery shopping barriers and social isolation.

In fiscal year 2026 (July 1, 2025 – June 30, 2026), support sustained the purchase, preparation, and delivery of meals for homebound older New Yorkers; maintained reliable service for approximately 22,000 people across the five boroughs; and strengthened supplemental food programs for recipients whose needs exceed one home-delivered meal per day.

We also moved several newer initiatives from early pilots toward sustained programs. By the end of April 2026, Citymeals had delivered 644,370 Breakfast Box meals program-wide. Mobile Grocery was serving approximately 600 older adults, while an enhanced client-choice grocery model reached more than 200 participants. Shopping Assistance reached 100 older adults in Brooklyn, and Life Story Club grew to seven clubs serving more than 220 older adults.

2. Outcomes

What outcomes have been achieved over the grant term? Was it necessary to make any modifications to the program? Are you on schedule? If the grant did not achieve some of the objectives above, please explain.

We advanced our core goal of reducing hunger among homebound older New Yorkers, and our newer supplemental food programs produced measurable results this year. Highlights include:

- **Breakfast Box:** Recipients reported strong outcomes: 90% said the program frees up money for bills and necessities, saving an average of \$60 a month; 81% said it helps them manage one or more health conditions; and 79% said it helps them not go hungry.
- **Mobile Grocery Pilot:** In an interim evaluation of the first 100 participants enrolled in the enhanced choice-based pilot, 93% said the program helped them worry less about having enough food, 92% said it helped them save money on groceries, 89% said it freed up money for bills and necessities, 87% said it helped them eat healthier, and 82% said it helped them manage one or more health conditions. Participants estimated average savings of approximately \$52 per month.
- **Shopping Assistance Program:** Shopping Assistance reached 100 older adults across two program rounds. During the grant period, Citymeals expanded the model to pair \$240 in grocery vouchers with volunteer shopping support for 50 older adults facing food insecurity and mobility barriers. Among 50 participants with matched pre- and post-program surveys, very low food security declined from 36% to 26%, while high or marginal food security increased from 22% to 36%. The overall USDA food-security score improved significantly, and the share of participants reporting that food did not last until they had money to purchase more fell from 72% to 52%. Thirty-eight participants received help from a Citymeals volunteer. Among those who completed the volunteer questions, 95% said volunteers helped meet their grocery needs and made it easier to access food. In addition, 62% said the vouchers freed limited household income for utilities and other essentials.
- **Citymeals also made substantial progress in reducing social isolation.** Our partnership with Life Story Club added three new storytelling clubs, bringing the total from four to seven, and added 12 case management agencies as referral partners. Among evaluated members, 75% saw a decrease in their UCLA Loneliness Score, 52% reported increased social connection, 96% said their club gave them a sense of community, 100% reported improved mood after attending a club, and 99% felt supported by their club.

No modification to the grant purpose or funding use was necessary. Program refinements, including greater choice, new food options, and volunteer shopping support, strengthened implementation without changing the original scope.

3. Evaluation & Learning

Briefly summarize the evaluation process for the effectiveness of the grant. What have you learned from your own evaluation? Describe any lessons you learned in carrying out the objectives (improved processes, new strategies, unexpected obstacles or results, etc.)

Citymeals evaluates program effectiveness through operational data, participant enrollment and attendance, pre- and post-program surveys, validated screening tools, participant and case manager feedback, and regular reporting from program partners. Our work with the CUNY Urban Food Policy Institute has strengthened evaluation of supplemental food programs, including measures of food security, financial strain, dietary quality, accessibility, and participant satisfaction. Life Story Club tracks attendance, referral conversion, participant feedback, and changes in loneliness and social connection.

This year's findings reinforced three key lessons:

1. Choice improves dignity and program usefulness. Shopping Assistance participants prioritized fresh produce, protein, staples, and culturally familiar foods, and Mobile Grocery participants valued flexible package options and accessible ordering.
2. Food access barriers extend beyond affordability. Mobility, health limitations, and difficulty carrying or preparing groceries can prevent older adults from using traditional food resources, even when those resources are available.
3. Consistent referral systems and trusted partnerships support engagement. Life Story Club received 277 referrals from Citymeals case managers, with 69% converting to enrollment. Participants also reported strong outcomes related to community, support, mood, and social connection.

Citymeals is applying these lessons by expanding client choice, maintaining phone-based and other low-barrier ordering options, pairing grocery assistance with volunteer support, strengthening referral and follow-up processes, and improving data collection across programs.

4. Notable Accomplishments

What do you consider your most notable accomplishments during the past year?

Our most notable accomplishments this year came from proving that newer programs work and then growing them. The second round of Shopping Assistance paired grocery vouchers with volunteer shopping support for 50 older adults and produced statistically significant improvements in food security. Our enhanced client-choice model in the Bronx grew to 200 participants and completed an interim CUNY evaluation of its first 100 enrollees. Breakfast Box reached 2,000 recipients across the five boroughs. Our partnership with Life Story Club grew from four conversation clubs to seven, now serving more than 220 older adults each week.

5. Challenges & Obstacles

What were the greatest challenges/obstacles you faced while developing and implementing the program(s)?

The primary challenges were rising food, packaging, and transportation costs, along with the operational demands of recurring programs that combine shelf-stable food, frozen meals, fresh produce, individualized options, and home delivery. Citymeals also had to ensure that food was appropriate for participants with different health needs, cultural preferences, and preparation abilities.

Newer models created additional coordination needs. Client-choice ordering requires accurate preference tracking and communication, while Shopping Assistance requires careful volunteer recruitment, matching, and follow-up. In Shopping Assistance, we learned that some participants were unsure which stores their volunteers used or how much of their benefit remained, which points to a need for stronger communication protocols. Citymeals addressed these challenges through centralized procurement and packing, closer coordination among program and logistics staff, ongoing case manager feedback, and continued evaluation. These pressures did not prevent Citymeals from meeting the grant purpose.

6. Partnerships

What other organizations/coalitions have you worked with to achieve these goals?

Citymeals works with New York City Aging and more than 50 community-based organizations, older adult centers, case management agencies, and food pantries across the five boroughs.

We continued our Mobile Grocery collaboration with the West Side Campaign Against Hunger, and our second round of Shopping Assistance was carried out with Heights & Hills, which recruited participants, and Meals for Good, which built the grocery voucher system. We expanded our social connection work with Life Story Club, and we remain an active member of the Roundtable, the emergency food coalition founded by the West Side Campaign Against Hunger.

7. Looking Ahead

What opportunities and challenges do you foresee for the near future?

In fiscal year 2027, Citymeals plans to deliver nearly 2.7 million meals while reaching more of the approximately 60% of the older adults we serve who tell us they need more than the one meal a day they receive. Priorities include sustaining Breakfast Box for 2,000 older adults, increasing the fresh produce in each box, and developing a Halal option. We will expand our enhanced client-choice grocery model to 300 participants and grow Shopping Assistance to a second borough, adding 100 older adults in Staten Island and Brooklyn while moving our original Brooklyn participants to monthly vouchers across the full year. We are also launching

a fresh produce distribution program for older adult centers, with surveys and evaluation built in from the start. Life Story Club will grow to at least 250 participants, adding Russian and Haitian-Creole groups to our current English, Spanish, and Mandarin clubs, along with evening and weekend meeting times.

The primary challenge is sustaining this growth while food, labor, packaging, and transportation costs remain high. Citymeals will continue using evaluation data and partnerships to direct limited resources toward services with the clearest impact.

8. Financial

Please provide income and expense information to date for the program(s) funded by the grant. Describe any budget changes or financial adaptations.

All Vidda Foundation funds were spent as designated, with 100% directed to our meal delivery programs. There were no changes to the planned use of funds, and Citymeals successfully operated within the expected budget.

9. Suggestions

Do you have suggestions for ways to improve the Vidda Foundation's grant, proposal, and evaluation processes? Feel free to answer in the space provided below. Alternatively, these may be submitted anonymously by mail to:

*The Vidda Foundation
c/o TCC Group
333 Seventh Avenue, 9th Floor
New York, NY 10001*

N/A

OPTIONAL ATTACHMENTS

If you wish to attach relevant materials, newsletters, articles, etc. that you feel would provide Trustees with a better understanding of your activities and accomplishments, please include here. If materials are attached in a separate document, please include a list of attachments.

Click or tap here to enter text.