

GET INVOLVED



## WHAT IS MEALS ON WHEELS WEEK?

**Meals on Wheels Week is an initiative that brings together Health and Social Care sector, caterers, service providers, food suppliers, volunteers, carers, older people and public to raise awareness about the importance of meals delivered in the community – whether via Meals on Wheels services, day centres or lunch clubs for older people and those with vulnerabilities.**

The National Association of Care Catering (NACC) has been organising Meals on Wheels Week for over 30 years, supporting providers in raising the profile of this valuable service.

Meals on Wheels services afford older and vulnerable people, nutritious food, as well as friendly human interaction and wellbeing checks – vital ingredients that allow them to live independently in their own homes.



## SPREAD THE WORD THROUGH SOCIAL MEDIA

**The use of social media is a powerful way for us to raise awareness and reach vital decision makers.**

We encourage all to share what you are doing on these channels or send to the NACC, and we will share on your behalf. The NACC will also be posting a lot on the week itself, and we urge all on social media to please 'like' and 'share' those messages, so together we can make a difference.

## USE THE HASHTAGS

**#MealsonWheels2026  
#MoreThanJustAMeal  
#SaveMealsOnWheels**



 @NACCCaterCare

 TheNACCCaterCare  naccatercare

Call: 0344 571 8214 Email: [info@thenacc.co.uk](mailto:info@thenacc.co.uk)

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# THE AIMS OF MEALS ON WHEELS WEEK

- ▶ To highlight the social, economic, psychological, and preventative benefits of Meals on Wheels services in the UK.
- ▶ To promote the immense value of community Meals on Wheels, encouraging the public to support local meal services.
- ▶ To raise awareness of the importance of community Meals on Wheels service, whether delivered to homes or via day centres and luncheon clubs.
- ▶ To address and increase awareness of loneliness, social isolation, and safety in the community for older and vulnerable people.



## A MUCH NEEDED SERVICE

For most service users, Meals on Wheels is so much more than just a meal. It's a social lifeline that eases the devastating effects of isolation and loneliness. The delivery of a meal brings regular human contact, which for many may be the only interaction they enjoy. It also provides much-needed wellbeing and safety checks, again, crucial for those that may not see anyone else during the day.



## HOW WILL YOU GET INVOLVED IN MEALS ON WHEELS WEEK?

Everyone is welcome to get involved & celebrate

### More Than Just a Meal

Meals on Wheels supports people to live safely and independently at home, providing:

- ▶ Nutritious meals
- ▶ Daily human contact
- ▶ Reduced loneliness and isolation
- ▶ Early identification of health and safety risks
- ▶ Reduced pressure on health and social care services

Across the UK, demand is rising – yet provision is declining.

This week is about celebrating, protecting and championing this essential frontline service.

### Spotlight Monday – 2<sup>nd</sup> Nov

#### The impact of the service

Meals on Wheels changes lives. Evidence shows recipients are:

- ▶ More satisfied with their care
- ▶ More likely to feel safe and independent
- ▶ Better supported socially and emotionally

**Get involved:** Invite MPs, councillors or community leaders to join a delivery, visit your kitchen, and see the service in action.

### Thank You Tuesday – 3<sup>rd</sup> Nov Celebrating our people

From chefs and drivers to volunteers, coordinators and managers.

Meals on Wheels runs because of dedication, compassion and skill.

**Get involved:** Share behind the scenes stories, add fun facts, say thank you publicly, and celebrate your local heroes.

### Wellness Wednesday – 4<sup>th</sup> Nov Nourish to flourish

Good nutrition and hydration support both physical and mental wellbeing, particularly for older adults.

**Get involved:** Share simple wellness tips, hydration messages and the importance of food for health and independence.

### Warm, Safe & Well Thursday – 5<sup>th</sup> Nov

#### Keeping people safe at home

Meals on Wheels is about more than food. Daily contact helps identify:

- ▶ Cold or unsafe homes
- ▶ Slips, trips and falls risks
- ▶ Changes in health or wellbeing

**Get involved:** Share winter safety advice and promote local checks and support services.

### Friday Friends – 6<sup>th</sup> Nov

#### Food, friendship and community

A shared meal can spark conversation, connection and joy.

**Get involved:** Celebrate lunch clubs, community meals, favourite dishes and the power of connection, showing how a simple meal can make a huge difference.

Meals on Wheels week  
2<sup>nd</sup> – 6<sup>th</sup> November 2026