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More Than a Meal

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January 2026

Welcome to the very first edition of the Meals on Wheels of Central Indiana monthly newsletter— and thank you for being part of our community.

Each month, we'll share highlights from the difference you help make possible—recent milestones, grant news, stories from across our organization, what's coming next, and ways to get involved.

We're grateful for your continued support and belief in our work to nourish and enrich the lives of our neighbors in

Central Indiana. We're glad you're here, and we look forward to staying connected.

With gratitude,

Meals on Wheels of Central Indiana

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A Note from the CEO

2026 is a year of Accelerating—accelerating impact, innovation, and opportunities to make a difference in our community.

I'm excited to connect with you through our first newsletter and share ways you can be part of this momentum. Attend an event, volunteer your time, share our mission, or support us with a donation—you can help us accelerate change today.

Your gift powers programs, fuels innovation, and expands our reach to make an even greater impact. Every action moves us forward—join us in making this year our most transformative yet.

With gratitude,



Kroger Grant Awarded



On January 8, we were thrilled to attend the Remodel Celebration at Kroger on Rockville Road, where we were presented with a generous \$10,000 grant! We are incredibly grateful for Kroger's support.

Kroger has been a longtime partner in our mission.



and this generosity helps us continue serving our neighbors with nourishing meals, connection, and kindness.

IndyGo Foundation Grant

We received a first-time ever \$1,500 grant from the IndyGo Foundation for our NO Limits to Recovery program!

This funding helps us provide 50 participants with five one-day IndyGo bus passes. By removing transportation barriers, we're helping participants access recovery support, healthcare, and employment opportunities—supporting stability, independence, and stronger recovery outcomes.

We're grateful to the IndyGo Foundation for partnering with us to connect people to the resources they need to thrive!

Emily Meaux, Executive Director of IndyGo Foundation, shared:

"Through our 2025–26 grant program, we're proud to support nonprofit organizations advancing equity, mobility, and opportunity. These grants help ensure community-led solutions continue to thrive and that individuals and families can access the transit resources they need."

For more information about our work, visit www.mealsonwheelsindy.org.

Learn more about the IndyGo Foundation at IndyGoFoundation.org.



Learn About EMBRACE

EMBRACE: Medically Tailored Meals for Cancer Patients

Focus: Increasing treatment adherence, strength, and quality of life during cancer care

In partnership with [Eskenazi Health](#), we provide medically tailored meals to 50 individuals undergoing cancer treatment, helping them stay nourished, manage side effects, and recover more comfortably. Many face fatigue, appetite loss, or food insecurity.

In 2026, we want to expand our program to serve even more clients and partner with additional hospital systems, so more individuals can get the meals and support they need during treatment.



Exciting Changes in 2026!

We're excited to share that we've refreshed our look! Our new logo reflects how we've grown and evolved in serving our community. We're also launching an updated website in February with a fresh look and improved experience—stay tuned!



Join Our Volunteers

Volunteering with Meals on Wheels is easy.
Due to training, we ask for a minimum of one delivery per month.

[Click here to volunteer](#), and remember We Deliver Smiles!



Our Contact Information

Meals on Wheels of Central
Indiana
708 E. Michigan St.
Indianapolis, IN 46202
3172525558

<https://mealsonwheelsindy.org/>



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