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OUR WEBSITE



March 2026

MORE THAN A MEAL

Powered by generosity.
Delivered by community.

Care that reaches the door.



A Note from the CEO

I love the power of pitch-ins—when everyone brings something to the table, you never know if it's Grandma's famous pie recipe, a healthy keto-friendly salad, slow-cooked barbecue, or a favorite flavor of coffee creamer. Either way, we end up with more than a meal; we end up with connection, stories, and a stronger community.

Engagement is like a potluck—everyone brings something different, and together we create something bigger and better than any one of us could do alone. When we show up with what we have to give, we build laughter, connection, and impact that truly feeds our community.

So pull up a chair and pitch in!

Newsletter Content

- A Note from the CEO
- Mental Health Award
- Our Work with UIndy
- Program Evaluation
- Become a Monthly Donor
- Become a Volunteer
- Community Partners



Jamie Johnson
CEO

Bell Seal for Workplace Mental Health



We are so proud of our team and excited to share that we continue to prioritize wellness and mental



health in our organization! This year we are formally recognized as a 2026 Gold recipient of the [Bell Seal for Workplace Mental Health](#), the nation's leading recognition for U.S. employers committed to creating mentally healthy workplaces.

All Bell Seal recipients meet MHA's rigorous evaluation standards, and only two in five employers earn recognition at any level. Achieving this Gold status reflects our organization's exceptional dedication to fostering a supportive workplace culture and aligning with leading industry best practices.

UIndy Students Take on the Pantry Box Challenge



We are fortunate to collaborate with many incredible community partners—including our friends at the University of Indianapolis. In February, Marianna K. Foulkrod, Director of Service Learning and Community Engagement at UIndy, invited MOWCI to speak with students in her *Social Problems* class.

During the presentation, MOWCI staff—including Jamie Johnson, CEO and David Carpenter, Director of Quality and Programs—shared how the organization addresses several interconnected social challenges through its programs, including malnourishment, food insecurity, and social isolation.

But this visit wasn't just a lecture—it was a challenge.

Students were tasked with creating recipes for MOWCI's upcoming medically tailored pantry box cookbook. The twist? Each recipe had to be made using items commonly found in those pantry boxes.

The assignment sounded simple, but it proved to be a creative test. Students rose to the occasion, developing a range of imaginative, nutritious—and sometimes delightfully quirky—recipes using pantry staples and common ingredients.

The final cookbooks will help promote greater autonomy among MOWCI clients by providing practical, easy-to-follow recipes making the most of the ingredients they receive.

We're grateful to the students and faculty at UIndy for helping us turn this challenge into an opportunity to support the health and independence of the clients we serve. We look forward to the next steps of layout and design!

Partnering with Future Social Work Leaders





INDIANA UNIVERSITY

INDIANAPOLIS

For the Spring 2026 semester, Meals on Wheels of Central Indiana (MOWCI) is excited to partner with the Indiana University Indianapolis (IUI) Master of Social Work (MSW) program. This semester, MSW students in the *Community and Organizational Leadership* focus area—who are enrolled in a Program Evaluation course—have chosen to focus their work on Meals on Wheels of Central Indiana.

Through this partnership, students will apply the evaluation skills they are developing in the classroom to a real-world nonprofit setting. Talk about taking classroom learning and applying it to real-world challenges! **By examining MOWCI programs and outcomes, they will help identify strengths, opportunities for growth, and ways to further strengthen the impact of our services.**

The group is being led by David Carpenter, Director of Quality and Programs. Participating students include Donald Weck, Madison McKay, Emily Wagler, Char'Nea Denise, and Matthew Mann. **The students have been divided into two teams: one group will evaluate short-term outcomes for clients participating in the EMBRACE Cancer program, while the other will examine long-term recovery outcomes for clients who have graduated from NO Limits to Recovery.**

We are grateful for the opportunity to collaborate with the next generation of social work leaders while continuing to learn how we can better serve our clients and community.

Why Monthly Giving Matters

Monthly giving provides the **reliable** support that keeps our services moving forward every day. Every month, your gift, no matter how big or small, does more than fill an empty plate. It brings nourishment, comfort, and the quiet reassurance that someone cares.

[Join our community of monthly givers who believe no one should face hunger and recovery alone.](#)

VOLUNTEERS...We Need You!



Tom



Crystal



Don

Whether it's delivering hot and cold meals on weekdays, supporting our events, friendly visits, joining a committee, or providing office support, volunteers provide a vital role and connection to those we serve.

We have a current need for a few hours of office help on Fridays....if you are interested in this or any other volunteer opportunity, please contact: volunteer@mealsonwheelsindy.org

This month we recognize Tom, Crystal, and Don, who volunteer in our Client Experience Dept.

We appreciate and thank you for your volunteering service!

[Become a Volunteer](#)

Celebrating Our Long-Term Partners

"Partnerships built with purpose and care can create amazing things."

This month, we're inspired by the spirit and dedication of 3 corporate partners that are celebrating milestone anniversaries of volunteering with Meals on Wheels of Central Indiana:

The National Bank of Indianapolis-in its **20th year!** They currently deliver **9 X per month**-and have consistently delivered meals to our clients EVERY MONTH since July 2005!

Indiana Farm Bureau Insurance-coming up on **25 years of service!** Have delivered meals to our clients EVERY Friday since July 2001!

Katz, Sapper & Miller (KSM)- coming up on **25 years of service!** They have delivered meals to our clients EVERY Thursday since November 2001!

Support Meals on Wheels with Your Wheels!



Hoosiers can help deliver meals to neighbors in need by purchasing or renewing the [Meals on Wheels specialty license plate](#), with proceeds supporting local Meals on Wheels programs across Indiana. Beyond funding, the plate also raises awareness of the vital services these programs provide to older adults and others in need. We must reach **500 plates this year to keep the state-approved plate active—our final chance—so please consider sharing this opportunity with your community.**

Our Contact Information

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