

Neighbor Spotlight: Preserving Independence with Meals on Wheels

Marjorie Faulhaber has lived in her Asbury Park home since 1956. When we visited, it was all prepped for Valentine’s Day, with red and pink heart décor and tempting jars of candy. She is 90 years old and has been a recipient of Meals on Wheels for two years, which has helped her maintain independence.

Marjorie is retired from New Jersey Natural Gas, where she worked for 29 years. She spoke about Asbury Park warmly and recounted fond memories of her years in residence. “I’ve loved living in Asbury and being close to the beach. I used to walk the boardwalk every day from Ocean Grove to Avon. I can’t do that distance anymore, but I do still get out to walk around the block” Marjorie explained.



Marjorie Faulhaber, Meals on Wheels recipient with her delivery driver Shaneal Jones.

Two years ago, as Marjorie became more reliant on relatives to help with everyday tasks, she began receiving Meals on Wheels. When asked about how these meals help her everyday life, she stated, “I’m still able to cook unlike some other senior citizens, but the meals delivered through Meals on Wheels supplement whatever I cook and are nice to have when my relatives are unable to take me grocery shopping. They’re a huge convenience in my life.” Marjorie expressed that Meals on Wheels is extremely important for seniors across Monmouth County who are unable to cook or get out to shop without relying on family members and friends for groceries. It allows them to continue living in their own homes.

“The chili is my favorite! And I always love the vegetable sides and the cereal,” she exclaimed. However, when asked what her favorite part of receiving Meals on Wheels was, she responded, “the people. I love that they’re trustworthy, and I don’t have to worry about anything when they drop off the food. They’ve become my friends.” At this, her regular delivery driver, Shaneal, smiled and they laughed when Shaneal agreed, “we’re buddies!”

With Meals on Wheels of Monmouth County by her side, Marjorie doesn’t have to worry. Friendly faces checking in and nutritious meals delivered to her doorstep are reassurance for her and allow her to continue living her life in her own home.

HOME DELIVERED MEALS ON WHEELS RECIPIENTS SAY MEALS HELP THEM:

92% live independently  
85% feel more secure  
82% care for self

Become a Meals on Wheels Community Champion

Meals on Wheels of Monmouth County, operated by Interfaith Neighbors, invites you to become a **Meals on Wheels Community Champion**. By making a gift today, you can show your support of Monmouth County senior citizens and invest in their health and wellness.

Gifts of any size are appreciated. However, Community Champions who make a gift at one of the following levels will receive a banner they can proudly display at their place of business or home that demonstrates their support for Monmouth County senior citizens.

- \$2,500 - Community Champion Platinum (4’x2’ banner)
- \$1,000 - Community Champion Gold (4’x2’ banner)
- \$500 - Community Champion Silver (2’x1’ banner)
- \$250 - Community Champion Bronze (2’x1’ banner)


Use the enclosed envelope (note “Community Champion) or visit [www.interfaithneighbors.org/march-for-meals/](http://www.interfaithneighbors.org/march-for-meals/) to preview the banner & give securely online.

Questions? Please contact Stephanie Ferrier at 732-775+-0525 ext. 220 or via email at [stephanief@interfaithneighbors.org](mailto:stephanief@interfaithneighbors.org).

Want to get involved at Interfaith Neighbors? There are lots of ways you can help!

**GIVE • LEARN • VOLUNTEER**

To learn more about the community issues we address or for more information about volunteering, joining our team, or ways to give, visit: [www.interfaithneighbors.org](http://www.interfaithneighbors.org) or call 732.775.0525.

 **Interfaith Neighbors, Inc.**  
810 Fourth Ave  
Asbury Park, NJ 07712  
W: [interfaithneighbors.org](http://interfaithneighbors.org)  
E: [info@interfaithneighbors.org](mailto:info@interfaithneighbors.org)

  
**Interfaith Neighbors**  
Neighbors Helping Neighbors  
March 2024

Program Spotlight: Meals on Wheels Monmouth County - Let’s Save Lunch!

As we approach March, our seniors need us to “March for Meals” now, more than ever. Local Meals on Wheels branches across the nation are struggling to access adequate funding to continue delivering meals to seniors in need while undergoing challenges such as increased food costs and gas prices, labor shortages, and supply chain issues. With these issues being so prevalent, Meals on Wheels has started a new campaign, #SaveLunch, which calls on citizens to urge Congress to increase funding provided by the Older Americans Act, which supports Meals on Wheels programs across the country.

Meals on Wheels of America reports that 10 million



 **1 IN 4 AMERICANS IS 60+**  
with 12,000 more turning 60 every day



Let's Save Lunch... (continued)

senior citizens are threatened by or experience hunger. Food insecurity among older adults is disproportionately affecting people of color, with 17% of Black seniors and 14% of Hispanic seniors experiencing hunger

AMONG AMERICANS  
60 AND OLDER:  
29% have a disability  
24% live alone  
12% are veterans

compared to 6% of White seniors. One in four people in America are 60+ and this population is only getting larger, with 12,000 turning 60 each day. As the senior citizen population increases, seniors are living longer with less money. One in two seniors living alone lacks the income to pay for basic needs. Homebound seniors also struggle with isolation and loneliness in addition to food insecurity. One in three seniors lives alone and one in four seniors reports feeling lonely.



1 IN 2 SENIORS LIVING ALONE  
lacks the income to pay for basic needs

As these pressing issues of senior hunger and isolation grow, Meals on Wheels continues to be a beacon of light, bringing food security, nutrition, and a friendly face to seniors in need. Meals on Wheels of Monmouth County, operated by Interfaith Neighbors, serves over 1,100 meals daily to homebound seniors, disabled persons and seniors visiting their senior centers for meals. Interfaith Neighbors serves approximately 3,500 seniors annually, amounting to over 350,000 meals delivered each year. And, Interfaith Neighbors ensures these meals are made with nutritious and quality ingredients to best serve Monmouth County senior citizens.

 (continues)

Let's Save Lunch... (continued)

You can support Meals on Wheels of Monmouth County during this March for Meals campaign by donating to help continue services to seniors in need, volunteering filling bags with meals or delivering, spreading awareness about the issues of senior hunger and isolation, or by urging Congress to #SaveLunch for senior citizens. There are numerous ways to assist in ensuring seniors have stability and security through supporting Meals on Wheels.



Neighbors Spotlight: Monmouth County Seniors are Eating Clean, Bro!

Since 2013, Eat Clean BRO has been providing affordable, healthy meals with quality ingredients on a mission to bring healthy eating right to their customers' doorsteps. Founder, Jamie Giovinnazzo, started making clean meals for his friends looking for nutrition to supplement their active lifestyle in the gym. Nicholas Wilkins, Eat Clean Bro's Culinary Specialist, described the start of the business, stating, "with \$300 in his pocket, Jamie started Eat Clean Bro with the intent of providing his community with affordable, healthy, prepared meals."

Wilkins explained that these always fresh, never frozen packaged meals have integrity behind the ingredients. He went on to emphasize the core values

 (continues)

Eat Clean Bro...(continued)

Jamie instills in their staff every day, the PRICE success model, standing for professionalism, respect, integrity, compassion, and excellence. Eat Clean Bro believes that excellence within can spread, and that taking care of your body with quality, healthy ingredients is the first step towards a better community and world.

Since starting their healthy meal delivery business eleven years ago, Eat Clean Bro has built a strong reputation and expanded their business. They now deliver and ship meals across all of New Jersey, NYC's five boroughs, and Rockland and Westchester Counties in New York.

Interfaith Neighbors [IFN] caught on to the quality products Eat Clean Bro was producing and scheduled a meeting with the team to explore the possibility of using their meals for Interfaith Neighbors' Meals on Wheels program. During the COVID-19 health crisis, IFN was forced to switch to outsourced meals, rather than preparing them in IFN's kitchen. Several companies were tested and IFN still wasn't completely satisfied with the quality and nutritional value of the meals being provided. IFN wanted to find the best possible option for the homebound seniors served. After a meeting with our Meals on Wheels team, Eat Clean Bro made it their goal to provide the standard quality meals they make and tailor them for the seniors' needs. Eat Clean Bro's dietician, Hillary Cecere, elaborated, stating, "we wanted to create a meal plan that was nutritious, comforting, and had some variety for the seniors."

Beginning in April 2023, IFN began "taste-testing" Eat Clean Bro's meals with our Meals on Wheels recipients. After an overwhelmingly positive response, in June 2023, IFN and Eat Clean Bro

 (continues)

Eat Clean Bro...(continued)

entered into a new partnership, with Interfaith Neighbors delivering Eat Clean Bro meals exclusively to homebound seniors. Monmouth County senior recipients have shown overwhelming support for the switch in meals, sharing praise with their delivery drivers and sending notes to Interfaith Neighbors exclaiming how much they love the Eat Clean Bro food that tastes homecooked and delicious. Wilkins explained that Eat Clean Bro loves debriefing with the Meals on Wheels of Monmouth County team and hearing the feedback from the clients that is considered to make the meals the best they can possibly be for the seniors served.

Eat Clean Bro has continued to go above and beyond and is hoping to spread their work to other Meals on Wheels branches. The team recently attended a national Meals on Wheels of America conference to gain more insight into their goals and to hopefully spread the influence they're having on the community. With Eat Clean Bro's help, Interfaith Neighbors' Meals on Wheels Program has been able to enhance the quality of service given to our seniors in need with healthy, fresh, nutritious meals. Here's to eating clean, bro!



Jamie Giovinnazzo, Founder of Eat Clean BRO with his son in their commerical kitchen.