

# COWLITZ COUNTY Community Development Block Grant (CDBG)



2024-2025

Source of Funds: Federal

## Where does this funding come from?

The Cowlitz County Board of County Commissioners make funding decisions and rely on Cowlitz County Health & Human Services (CCHHS) to administer the funds.

These federal public services funds come from the WA State Dept. of Commerce to Cowlitz County. Cowlitz County passes them down to the Lower Columbia Community Action Program (CAP) to fund a portion\* of the "Meals on Wheels" program in Cowlitz County. \*Funding sources for Meals on Wheels varies from year-to-year from a diverse range of federal, state, local and private dollars.

## What is the "Meals on Wheels" program? It's not just a meal!

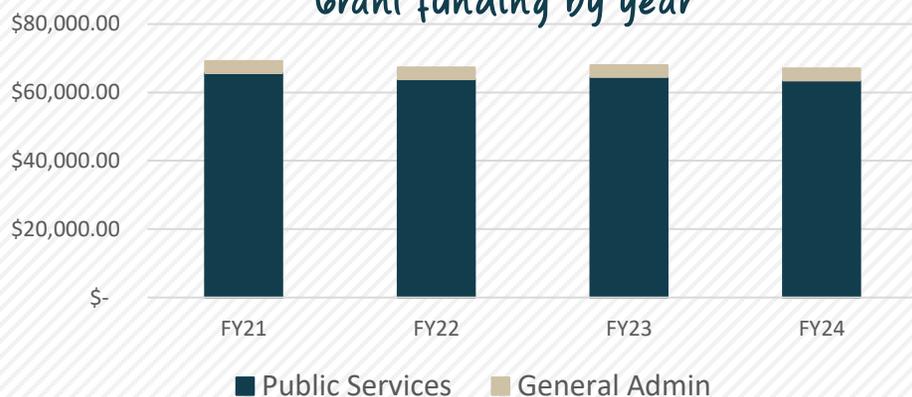
Meals on Wheels focuses on caring for individuals whose diminished mobility makes it hard to shop for food, prepare meals, or socialize with others. The program delivers hot and frozen meals to low-to-moderate income adults 60 and over who qualify for home delivery.

At the core of the Meals on Wheels service is a nutritious meal, companionship, and a watchful eye on the health and safety of seniors. Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and other accidents. The safety check that accompanies each meal delivery ensures that in the case of an emergency or problem, emergency medical services can be notified.

~5,000 meals  
are served  
annually to an  
average of 160  
seniors



## Grant funding by year



## Facts about the Lower Columbia CAP Meals on Wheels Program

- ▶ Meals are delivered to seniors in **Cowlitz** and **Wahkiakum** Counties
- ▶ Meals delivered **one time per week** include a frozen meal for each day of the week. Meals must meet **dietary guidelines** set by the Older Americans Act Nutrition Program and special dietary needs of individuals (reduced sodium diet, diabetes, allergies, etc.)
- ▶ Hot meals provided through community lunch socialization opportunities in **Ryderwood, Kelso, Kalama, Castle Rock, and Woodland**.
- ▶ To be eligible for services, persons must be **60 years of age or older** and have an in-home assessment by a Senior Nutrition staff person



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