MEALS ON WHEELS FOR WNY
100 James E. Casey Drive, Buffalo, NY 14206 • mealsonwheelswny.org

- President and CEO: Tara Ellis
- Product/service: Meals on Wheels for WNY provides nutritious food, friendship and well-being checks to the homebound elderly and disabled.
- Employees, local: 80
- Founded: 1969
- Key executives
  - Chris Procknal, COO
  - Lucien Wiza, CFO
- Top wellness activities: Monthly wellness topics and activities such as yoga, meditation, stress management.

- Challenges such as number of steps, fruits and veggies, weight loss.
- Biggest benefits: Employees enjoy the opportunity to connect in group activities such as yoga or walk-at-lunch day. Many employees have raved about the cooking challenge and found new, healthy recipes to make on their own.
- Programs in place since: 2013

Awards and recognitions: Certain contests such as weight loss, steps challenge and cooking competition may have small prizes.

Why program started: Our company wanted to formalize an effort to help employees become healthier and to ensure that wellness was a consistent theme throughout the year.

Participation during work hours: Some activities are during work hours.