# **Sample Social Media Posts for Senior Meals & Services**

***Updated 4-15-25***

**Sample post 1**

Home-delivered and group meals for frail older adults are severely underfunded in Minnesota. Providers cannot meet the growing need and are being forced to turn away some of our most vulnerable neighbors.

The House Omnibus Human Services bill includes $3,076 million in funding for senior meals, far short of the $20 million needed to meet the demand. Contact your legislators today and tell them to hold the line in upcoming conference committee negotiations. Accept NO LESS than the $3,076 million funding in the House bill. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #seniors #foodsecurity #mealsonwheels #mnleg

**Sample post 2**

Meals for Minnesota older adults with low incomes and disabilities are severely underfunded. Ask legislators to approve $3,076 million for senior nutrition in the Omnibus Human Services to safeguard the health of seniors. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #foodsecurity #mealsonwheels #mnleg

**Sample post 3**

Advocacy alert! Email your Minnesota House and Senate members today and ask them to allocate $3,076 million in funding for meals for frail and vulnerable seniors. One in two older adults is at risk for malnutrition. Poor nutrition has a disastrous impact on people’s health and well-being, increasing chronic disease, hospitalization and the need for institutional care. Current funding does not meet the growing need. Providers project that they will serve 487,000 fewer meals in 2025 than in 2024. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #seniors #foodsecurity #mealsonwheels #mnleg

**Sample post 4**

Food insecurity disproportionately affects people with low incomes and from rural communities. It is a growing problem across Minnesota, especially for older adults. Home-delivered and group meals for older adults are severely underfunded. Meal providers project that they will be able to provide 487,000 fewer meals in 2025 than in 2024. Email your legislators today. Tell them to pass the Omnibus Human Services bill with $3,076 million in funding for meals for frail older adults. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #seniors #foodsecurity #mealsonwheels #mnleg

## Quotes

“I am a caregiver for my 93-year-old husband and was unable to cook meals after a shoulder replacement. Without the great meals delivered to our door twice a week, we would not have been able to manage!” Email or call your Minnesota legislators. Tell them to pass the Omnibus Human Services bill with $3,076 million in funding for meals for frail older adults. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #seniors #supportseniors #mnleg

“I am my uncle’s nephew and power of attorney. The Meals on Wheels program has helped him stay in his home and keep his independence. He is 90 years old.” Email or call your Minnesota legislators. Tell them to pass the Omnibus Human Services bill with $3,076 million in funding for meals for frail older adults. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #seniors #supportseniors #mnleg

“Knowing that mom is getting a nutritious meal along with socialization at the Tenborg Center means so much to me. Without a doubt, the meals contribute to her ability to continue to live in her own home.” Email or call your Minnesota legislators. Tell them to pass the Omnibus Human Services bill with $3,076 million in funding for meals for frail older adults. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #seniors #supportseniors #mnleg

“I don’t think I could stay in my own home alone if I didn’t get Meals on Wheels. I have a hard time putting anything in or out of the oven.” Email or call your Minnesota legislators. Tell them to pass the Omnibus Human Services bill with $3,076 million in funding for meals for frail older adults. Learn more at [seniorservicesmn.org](https://seniorservicesmn.org/) #seniors #supportseniors #mnleg