



MEALS **on** WHEELS

NEW MEXICO

Together, We Can Deliver.

Mission

Delivering healthy meals and friendship – neighbor to neighbor.

Vision

A New Mexico where every neighbor in every community is nourished.

Summary of Services

Meals on Wheels is a trusted leader in the fight to combat hunger and isolation in New Mexico. We are the only meal delivery organization in the state that serves anyone of any age, for any reason, and that can provide eight medically tailored diets. For the past 50+ years, we have provided hunger and financial relief, meaningful social interaction, wellness checks, and quality of life supportive services to thousands of neighbors in need.

Our programs supply the building blocks necessary to promote healthier clients and a healthier New Mexico. They help our clients live independently in their own homes, age with dignity, and receive the nourishment they need to live better lives. Meals on Wheels New Mexico's signature program is our Meal Delivery program, wherein over 300 annual volunteers provide face-to-face deliveries along 40 different routes across Albuquerque and the surrounding areas. We are currently distributing up to 1,100 meals daily, which includes the shipment of frozen meals to clients in counties outside of Bernalillo County.

Contact Information

For Meal Delivery, Quality-of-Life Programs, and General Inquiries, call 505-808-MEAL(6325)

For statements, media inquiries, or to schedule an interview, please contact Jamie Dickerman, Sunny505 at 505-261-4444 or jdickerman@sunny505.com

People to Know

Shauna M. Frost – Chief Executive Officer, 505-595-7766

Dennis R. Plummer – Chief Strategy Officer, 505-418-1030

Renee Ruybal – Chief Advancement Officer (grants and donations), 505-418-1072

Shannon Kunkel – Major Gifts Officer, 505-205-5067

Shauna M. Frost

Chief Executive Officer

Shauna Frost brings a strong quality systems approach and data-driven management focus to the non-profit world of meal delivery. Shauna began her career in Okinawa, Japan as the Consumer Relations and Research Director for Marine Corps Community Services. Prior to becoming CEO of Meals on Wheels New Mexico (formerly Meals on Wheels of Albuquerque), Shauna volunteered with the organization, serving on the Board of Directors and delivering meals through the VIP Corporate Driving Program. In her time as CEO, Meals on Wheels has been named a Non-Profit of the Year Nominee, a Best Place to Work, received the 2018 Roadrunner Recognition for Performance

Excellence, and a 2020 Ethics in Business award. Personally, she is a 2016 recipient of the Albuquerque Business First Women of Influence Award for her work in advancing Meals on Wheels. She has a BBA from the University of Maryland, and an MBA from Texas A&M.



Renee Ruybal

Chief Advancement Officer

Renee Ruybal joins Meals on Wheels New Mexico as Chief Advancement Officer, responsible for building and executing a multi-faceted communications and fund development strategy to drive their new five-year strategic plan.

Renee joins MOWNM as an accomplished fundraiser, passionate community advocate, and voice for advancing social equity. Her eleven years of nonprofit experience includes leadership positions at St. Martin's Hospitality Center (now HopeWorks), Animal Humane of New Mexico, and most recently at Explora Science Center & Children's Museum of Albuquerque, where she developed and implemented a scholarship program for high school seniors of color, grew community partnerships, and worked to



improve access to STEM education for underserved communities across New Mexico. Born and raised in Albuquerque, she holds a J.D. and a B.A. in psychology from the University of New Mexico. Outside of the office, Renee enjoys spending time with family, testing out new running shoes and gear, and learning Japanese.

Shannon Kunkel

Major Gifts Officer

Shannon Kunkel is a native of Albuquerque and has spent nearly two decades working in the non-profit and public sectors, fundraising and managing communications and marketing efforts for a variety of organizations.

In 2025, she served briefly as Press Secretary for the City of Albuquerque, Office of the Mayor. Her prior experience includes community outreach and development roles with Common Cause New Mexico, the New Mexico Foundation for Open Government, and Advanced Legislative Leadership Services. She has managed campaigns with Roadrunner Food Bank, St. Martin's Hospitality Center, and La Montanita Co-op.

Shannon graduated summa cum laude from the University of New Mexico with a degree in mass

communications and journalism and an emphasis in advertising. Shannon is dedicated to working toward a New Mexico where everyone in our community is healthy and has the opportunity to thrive. She is currently raising a daughter and a son with her husband of 23 years and enjoys live music shows, local markets, and spin classes on the weekends.



Dennis R. Plummer

Chief Strategy Officer

Dennis R. Plummer serves Meals on Wheels New Mexico as Chief Strategy Officer, returning to the organization after having served on its board in 2003-2004. As CSO, Dennis builds mutually beneficial relationships with related service providers to expand meal delivery services to underserved clients throughout New Mexico. These strategies aim to achieve MOWNM's vision of a New Mexico where every neighbor in every community is nourished. Prior to joining the Meals on Wheels team, Dennis served for 15 years as CEO of Heading Home, an agency providing housing and emergency services to



people experiencing homelessness, received a 2014 Top CEO Business First award and a 2020 CEO Today Healthcare award.

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