We can’t do it without you!

Whether you volunteer, donate or are in need of food, join us in our mission, and let’s do even more.

✅ **Volunteer**
Volunteers make our work possible one day a week for 2-hours delivering meals. Be a lifeline where it counts.

✅ **Donate**
Nourish bellies and feed souls. Your gift makes our work possible and it qualifies for the Arizona QCO State Tax Credit.

✅ **Ask for meal delivery**
No matter the age or need, Mobile Meals is here to deliver fresh, nutritious meals directly to you.

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**Our Mission**
Delivering nutritious meals to people in Southern Arizona through a network of caring individuals.

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“**We believe good food heals... we are Mobile Meals!”**
Mobile Meals Signature Service
Fresh, ready-to-eat meals are delivered Monday through Friday by volunteers who care. Ideal for the budget-conscious client, or for people who cannot prepare or heat their own food.

Healthy Meals
Ideal for health-conscious people who can heat up their own food. Lunch and dinner options.

Kosher Meals
Fresh Kosher prepared meals delivered to your residence directly from Handmaker Jewish Services for the Aging.

Concierge Meal Service
Perfect for people who want food choices, delivered by mail according to your schedule. Breakfast, lunch and dinner options.

Payment Options
Tailored toward each meal program.

Meal Types
- **Medically Tailored Meals**
  Meals that are designed by local chefs and dietitians at partner medical facilities, tailored to health conditions.
- **Special Diet Meals**
  Meals that conform to unique, non-medical diets, designed by dietitians and local chefs.
- **Nutritionally Tailored Regular Diet Meals**
  Great tasting food that is good for you, too. Designed by local dietitians and chefs.

Tailored menus to support common health conditions
Meals are dietitian designed to meet nutritional requirements and are prepared with high-quality ingredients.

- **Regular Diet**
  Tasty, nutritionally balanced meals.

- **Low Sodium**
  Low sodium and saturated fat lowers blood pressure.

- **Cardiac-Friendly**
  Low fat, sodium-controlled to support heart health.

- **Diabetic Diet**
  Low carbohydrates help maintain good blood sugar control.

- **Renal Diet**
  Supports nutritional needs for most kidney disease patients.

- **Gluten Free**
  Supports Celiac Disease and other carb restricted diets.

Why Choose Mobile Meals of Southern Arizona?

- **97%** of our clients say they eat healthier and more regularly with Mobile Meals.
- **96%** of meal recipients continue to live in their homes thanks to home-delivered meals.
- **99%** of our clients just love that our volunteers deliver daily and have someone checking in on their wellbeing.

Mobile Meals is currently utilizing touchless volunteer delivery that complies with CDC recommended COVID-19 precautionary measures.