



# Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

## New Streamlined Ordering Service for You!

We have some exciting news! We're rolling out a new order system with automated billing designed to make your life easier and ensure you never miss a meal. **We've listened to your feedback:** This change directly addresses the frustration of missed orders. Here's how the new system works:

### Flexible Order Schedules:

You can now choose a meal plan that fits your week.

- Monday through Friday (5 meals)
- Monday, Wednesday, and Friday (3 meals)
- Tuesday and Thursday (2 meals)

### Automated Billing:

Say goodbye to remembering to call! Billing will now happen automatically once every four weeks.

**Cancel a Meal:** Just like before, you can still cancel a meal. Simply call at least 24 hours in advance, and a credit will be applied to your account.

## Social Connection & Good Nutrition Are Cornerstones of Well-Being

On October 1, communities around the globe celebrate **International Day of Older Persons**—a moment to recognize the enduring contributions of older adults. That's many of you, our valued clients!

This year's theme is: "*Older Persons Driving Local and Global Action: Our Aspirations, Our Well-Being, Our Rights.*"

**At Mobile Meals of Southern Arizona**, our approach to nutrition reflects your individual health needs as well taste preferences. Our deliveries by our fabulous volunteer drivers also intend to double as a neighborly check and a reminder that no neighbor is forgotten. **How are we doing? If you have ideas, questions, or unmet healthy-eating needs, we want to hear from you.**

**Thanks for helping Mobile Meals build a community where neighbors care for neighbors—not just on October 1, but every day.**

### Did You Know?

- By 2030, 1 in 6 people worldwide will be aged 60 or older. That number will rise to 2.1 billion by 2050.
- In the USA, over 24% of adults aged 65+ report being in fair/poor health. Seniors are more likely to experience multiple chronic conditions which makes nutrient-dense meals essential for maintaining independence.
- Feeding America reports that senior hunger remains a persistent issue, with many struggling to access affordable, nutritious meals.
- Our clients report that receiving nutritious food from Mobile Meals improves their quality of life and overall health.

## October 2025

### Order up!

Place orders  
at the beginning  
of each month.

All meals made fresh daily.

Choose as many  
Heat & Serve and/or  
Ready-to-Eat entrees as you  
want for each day. Select  
your beverage/complimentary  
sweet with each entrée!

### Our Delivery Windows:

Tucson: 10:30am - 12:30pm

Green Valley: 9:30am - 1pm



If you have a friend  
who can benefit from our  
nutritious, tasty meals,  
please tell them about  
Mobile Meals.

Phone referrals accepted.  
HelpLine: 520-622-1600  
Or apply through  
the website:  
[mobilemealssoaz.org](http://mobilemealssoaz.org)

## Upcoming Holidays

### Mobile Meals Is Open:

Veterans Day, Nov. 11

Day-after-Christmas, Dec. 26

### No Meal Deliveries:

Thanksgiving Day, Nov. 27

Day After Thanksgiving, Nov. 28

Christmas Day, Dec. 25