



Volunteer Newsletter

Thank you for all that you do!

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We're starting this newsletter to help ensure that Mobile Meals volunteers are up-to-date on the latest trainings, procedures, news, delivery route information and opportunities, so that your efforts are as effective as possible. We look forward to your feedback and suggestions for making it a tool that works for you.

The Extra Mile

Keeping up with Routes and Clients

Watch your email for changes to client lists and routes. We're very fortunate to have two fellow volunteers, Paul Roy and Mary Johnson, tracking clients and communicating with drivers. Paul and Mary manage scheduling and communicate with volunteers for all routes and daily deliveries on those routes. Look for their emails and, for even more up-to-the-minute info, volunteers should consult the MDS application.

Nobody Home?

One of the great things about our program is that we provide an in-person check-in for our clients. It can be disturbing when your client doesn't answer when you knock on the door...then on a window...then can't reach them by phone. If no one comes to the door after repeated knocking, ringing and calling the number on their meal tag and in the MDS app, let the office know by calling-in or making a note in the MDS app. Once notified, the office will call the client's emergency contact to try to reach the client to ensure that they're ok.



April is National Volunteer Month

THANK YOU!

The community appreciates all that you do!

Nourishing Tucson & Southern Arizona

**What's Cooking?
News from the Kitchen**

Workshops

Drivers

Use the MDS App to streamline delivery! It really does make the process easier. Client names, addresses phone numbers and notes are all easy to access through the MDS App, and with just a click, you're letting the office know you've delivered. If there's an exception, notification of that is quick and easy too.

Some of our volunteers are already training to be trainers and we'll be offering both in-person and virtual volunteer training the FIRST MONDAY of each month, starting in MAY.

FAQ

Where's the drink?

There's no extra charge for milk on most diets (water for non-dairy diets). To conserve resources, clients must actively order the beverage (dessert, too) along with their entrées. Neither water nor milk is automatically included, so, if a client's bag feels lighter, check with the m to ensure they didn't expect a drink. If it's an error, add a note in MDS to say that the client wants drinks (or desserts), but forgot to order.

Food is Medicine

Special diets are crucial to the health and well-being of many of our clients, and Mobile Meals is unique in our commitment to offering them. Cardiac diets, diabetic diets, cancer care diets, renal diets, and more, require special consideration at the ingredient and composition levels to help clients build strength and regain or maintain health. Chef Melissa makes it all happen. She's working with a Nutritional Consultant to ensure that we're meeting the needs of those clients who count on Mobile Meals to ensure that food is good medicine for their specific health concerns.

Melissa Hernandez, Director of Food Services, plans and prepares delicious, fresh, meals for our clients each day.



Nutrition Facts

Servings 4.0	
Amount Per Serving	
calories 376	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 144 mg	6 %
Potassium 678 mg	19 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 15 g	60 %
Sugars 4 g	
Protein 15 g	29 %
Vitamin A	10 %
Vitamin C	5 %
Calcium	11 %
Iron	37 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Volunteers Make it all Possible

We need volunteers to help with the following:

- Visiting clients and helping them with meal orders
- Packaging food and bagging meals for delivery
- Volunteer recruitment and training
- General office assistance

Ask your family and friends, or try something new yourself!

Nourishing Tucson & Southern Arizona



Mobile Meals of Southern
Arizona **CEO, L'Don Sawyer**

Office Hours

*Monthly Volunteer Chat
with CEO, L'Don Sawyer*

Join the Zoom Meeting
on the last Friday of each
month at 2:00 MST

<https://us06web.zoom.us/j/87876027466?pwd=udUBCyWW6XUS6OqXgNotAHF2Ol6u5u.1>

Meeting ID: 878 7602 7466
Passcode: 728262

Tips & Links

Clients & Ordering

If you suspect that a client is having trouble ordering meals, email us at info@mobilemealssoaz.org so that we can have a volunteer reach out to help them. Meals can be delivered as soon as 3 days after the order is placed.

In Touch

Communicating with Staff and Fellow Volunteers

Support

Office: Call or Text 520-622-1600

Voice Call: You'll probably often find your call answered at the office by Stella Montante. She's a recent addition to the staff, as a part-time assistant to the CEO.

Text: Did you know that you can get text messages from the office phone number? Sometimes the office will send out a text when they need a driver substitute or if there's an urgent change in a delivery. Texting back, if you're available, is a quick way to help ensure our clients get the food they depend on. Our texting system is completely online and isn't quite as immediate as a cell phone unless we've just sent a message. We do monitor it but it's more like a voice mail system than a typical text system.

Scheduling: Volunteers Paul Roy and Mary Johnson

It's a tough job, but Paul and Mary stepped-up and do the volunteer scheduling for drivers (and more). If you're a volunteer, you've probably heard from them already. Change is the only constant, but they manage to stay on top of it. Please contact them as early as possible any time you know of an upcoming absence or have need for a substitute driver.

Drivers who pick up at Kolb and/or 6th Avenue

Paul (pauleroy@comcast.net)

Drivers who pick up at Green Valley and/or La Posada

Mary (mrivolo@yahoo.com)

Green Valley – La Posada Volunteer Brunch

Tuesday, April 16th 10 – 11am

Arizona Family Restaurant

Join L'Don Sawyer, D.R. Park and fellow Southern Arizona Volunteers to put faces to names, ask questions and share ideas.