



# Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

## Wellness at Our Kitchen Tables

What made life meaningful for you this year? For most of us, it was less about one dramatic moment—and more about the small, steady joys that carried us through daily life. Like a warm, comforting meal. The familiar flavors of home food traditions. A friendly smile from a neighbor.

Simple experiences from the everyday are at the heart of the wellness and deliciousness we intend to provide to each Mobile Meals of Southern Arizona (MMSA) customer in 2026.

**In 2025, the Mobile Meals community grew in powerful ways.** New partnerships took root, donors sparked fresh possibilities, volunteers gave without hesitation, and clients like you shared stories that shaped our work. Every voice and every meal helped weave a stronger, kinder network of nourishment in our community. Looking back, we see a year that was defined not just by what we delivered, but by the connections we strengthened.

These are a few more thoughts I'm keeping in mind as we prepare for 2026:

1. **The food on our tables and the nutrition provided are foundational** to our health, resilience, sense of community and quality of life.
2. **Through each Mobile Meals delivery, a meal is also a neighborly act of kindness and genuine care.**
3. Mobile Meals will always be responsible **stewards of every dollar entrusted to us** in creating meals that matter.

**In 2025 Mobile Meals delivered more than 90,000 meals** – that's more than a 53 percent increase over the previous fiscal year. The needs and the challenges will continue.

By 2040, the percentage of adults aged 65 and older will make up over 22% of the U.S. population—and the percentage may be even higher here in Tucson. This growing need underscores why Mobile Meals work matters now more than ever.

**Our January menu is attached.** It begins a new year of service in which Mobile Meals will champion excellence in flavor, nutrition, value and community connection.

**Let us know how we can do more for you.** Can't wait to see what we'll accomplish together in 2026!

— Mobile Meals CEO L'Don Sawyer



## January 2026

### Order up!

Place Mobile Meals orders at the beginning of each month.

Need help ordering?  
Call the HelpLine at 520-622-1600

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. Or apply through the website: [mobilemealssoaz.org](http://mobilemealssoaz.org)

Upcoming Holiday No Meal Deliveries:

Christmas Day,  
Dec. 25  
New Year's Day,  
Jan. 1  
Martin Luther King Day,  
Jan. 19

Mobile Meals of Southern Arizona (MMSA) is a 501(c)(3) non-profit delivering nutrition for more than 50 years.

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

3355 S. Sixth Avenue  
Tucson, AZ 85713  
520-622-1600  
MobileMealsSoAz.org

In FY 2024-2025...

199 volunteers  
donated 15,500 hours,  
driving 161,000 miles  
across 6,804 routes  
to deliver 90,000 meals  
to 796 clients.



## DID YOU KNOW?

*Some useful factoids for our clients....*

### **The proven, positive effects of delivered-meal programs.**

Studies of older adults receiving home-delivered meals reported improved nutrition, reduced stress, and enhanced overall wellbeing — showing how meals become a vital part of daily care and comfort.

<https://pubmed.ncbi.nlm.nih.gov/41026486/>

### **What's in a Meal? Energy, nutrients, well-being.**

Research shows that home-delivered meals tend to increase overall energy, protein and nutrients like calcium — This helps reduce risk of malnutrition and supports bone and muscle health.

<https://www.mcknightshomecare.com/news/new-study-confirms-home-delivered-meals-a-lifeline-for-older-adults/>

### **Nutritious foods can reduce frailty.**

Among older adults who may be at risk for malnutrition, meals delivered consistently to the home over a six-month period may significantly reduce the risk of frailty.

<https://www.providermagazine.com/Articles/Pages/Nutrition-as-a-Tool-for-Frailty-Prevention-and-Treatment.aspx/>

## Use the Mobile Meals Streamlined Order System in 2026: Here's How It Works

Choose the Meal Plan that fits your week:

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

Billing happens automatically once every four weeks — No need to remember to call!

You can still cancel a meal. Simply call at least 24 hours in advance, and a credit will be applied to your account.

Making a Difference in 2025

An Amazing Year Delivering Nutrition and Community



***From new partnerships and donor-led initiatives...to the unwavering generosity of volunteers, our Board and staff...to the thoughtful feedback from our clients and our community...Mobile Meals made a meaningful impact in 2025!***

***As we look back through the rearview mirror, we celebrate the successes, challenges and people who powered our mission this year. We all shared a vision to build a healthier, more connected community through neighborliness and the delivery of delicious, nutritious meals.***

***Here's a photographic look back on 2025. To everyone who fueled our journey...***

**Thank You!**

