



Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA



Welcome to a Healthy Spring!

Dear Friends:

How are you doing?

And I truly mean that in every sense — your health, your energy, your enjoyment of daily life, your connection to others, and of course, your eating habits. **All of these parts of our well-being are connected — and one of the most powerful ways we care for ourselves is through good nutrition.**

At Mobile Meals of Southern Arizona (Mobile Meals), we are proud to help make your healthy food choices easier. Each meal we deliver is thoughtfully prepared to bring balance, flavor and variety to your table — the colorful vegetables, nourishing proteins, whole grains and satisfying flavors that are all part of living well. Proper nutrition plays an important role in maintaining strength, supporting independence, and enhancing overall quality of life.



Spring is traditionally a season of renewal. We open windows, clear out closets and freshen our homes. It's also a wonderful time to refresh our eating routines! As we welcome spring, we're reminded that nourishment is about so much more than food on a plate.

Please take a moment to look through our April menu included with this newsletter. You'll find delicious sandwiches, comforting lasagna and other wholesome options designed with your health and tastes in mind. It's our way of welcoming spring with good nutrition that fuels not only our bodies, but also our minds and spirits.

We always welcome your feedback and suggestions — your voice helps us serve you better. Thank you and Happy Spring!

*L'Don Sawyer
CEO, Mobile Meals*

(Photo above: L'Don & Kitchen staffer Annette Pena, who recently celebrated her 5th anniversary with Mobile Meals)

April is Global Volunteer Month!

Help us celebrate our volunteers at the Reid Park Zoo

**Volunteer Recognition Fair
Thursday, April 23**

4:30pm-7pm

Free admission to this family-friendly event.

Mobile Meals will have a booth at this special Zoo happening —

Come visit us!

Call us for details: 520-622-1600

April 2026

Order up!

Place orders at the beginning of each month.

All meals made fresh daily.

Automatic Ordering Has Arrived!

Never Miss Another Meal: Managing your meals just got easier. Sign up for convenient automatic ordering today.

Call the office
520-622-1600

Check the blue box on page 2 for more information on convenient automatic ordering.

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, tell them about Mobile Meals.

Phone referrals accepted.
Helpline: 520-622-1600

Or apply through the website:
mobilemealssoaz.org

Upcoming Holiday

No Meal Delivery:
Memorial Day, May 25

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

We're thankful for....

...Fountain of Life Lutheran Church, whose neighborliness helps the Mobile Meals mission thrive.



Here's how they help us: Fountain of Life Lutheran Church allows Mobile Meals use of its parking lot as a critical distribution hub, and as a safe, convenient meeting point for volunteer drivers distributing to clients on Tucson's East Side (*see photo, left*).

We're grateful for community partners like Fountain of Life Lutheran Church!

What We Eat Matters!

Research from the National Institute on Aging shows that healthy eating patterns can support brain health, strengthen the immune system and help reduce the risk of chronic illness as we age.

Learn more from the National Institute on Aging:

<https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>

April 7 is Arizona Gives



Day! Your gift to Mobile Meals qualifies as Arizona Qualified Charitable Organization (QCO)

Tax Credit. Please consider supporting well-being in our community!

**Mobile Meals QCO Tax number is:
20445**

MobileMealsSoAZ.org

Automatic Ordering Has Arrived

Mobile Meals new, convenient automatic ordering system means you'll never have to worry if you've ordered or not.

- Select and set your monthly menu.
- Your menu renews every fourth Monday, and your credit card is charged.
- Need to skip a day? Just call us 24 hours in advance and we'll credit your next renewal.

Menu and subscription details:

The Friday before your new four week menu renews, Mobile Meals will charge your credit card for the next cycle. You will receive an email with your full day-by-day meal itinerary.

We are here to help. Give us a call if you have any questions: 520-622-1600.