



# Special Delivery

A NEWSLETTER FOR CLIENTS OF MOBILE MEALS OF SOUTHERN ARIZONA

## Championing Your Wellbeing

Hello Friends:

May is Older Americans Month — a time set aside each year to honor the contributions, resilience and wisdom of the older adults in our communities.

At Mobile Meals of Southern Arizona (Mobile Meals), this month holds a special place in our hearts. It is a reminder of why we do this work. It helps us remember all the remarkable people we are privileged to serve every single day — and it acknowledges all our partners who walk alongside us in our mission.



CHAMPION YOUR HEALTH: MAY 2026

**This edition of our newsletter takes you behind the scenes of something that may look simple from the outside — a meal at your door — but is, in truth, a labor of love made possible by many caring hands.** From careful planning of every menu, to early morning hours in our kitchen, to the moment one of our dedicated volunteer drivers knocks on your door, each step is carried out with you in mind. That knock isn't just a delivery. It's a friendly check-in and reminder that you are valued and part of a community that cares deeply about you.

Since 1968, Mobile Meals has been built on that belief — that no neighbor should face the day without nourishment, and no one should feel alone. **What began as a small act of caring has grown into a program that celebrates the almost 200 dedicated volunteers who deliver more than 90,000 meals a year to about 800 in our community who are unable to cook their meals and need our service.** But numbers only tell part of the story. None of this happens in isolation — it flourishes because of partners sharing our commitments. The heart of our mission lives in the relationships formed along the way — between our volunteers and clients, between our staff and the community, and between all of us and the people we call our partners and neighbors. **We list some of these partners on page 3 of this newsletter's "Nifty Numbers" resource list.**



As we celebrate Older Americans Month together, I want you to know how grateful we are — for your trust, your feedback and each moment of connection made through our community network. You are at the center of every meal we deliver!

With warmth and gratitude,  
**L'Don Sawyer**  
Chief Executive Officer,  
Mobile Meals of Southern Arizona

**May 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 con-  
venient automatic ordering.  
Call the office  
520-622-1600

**Our Delivery Windows:**  
Tucson: 10:30am - 12:30pm  
Green Valley: 9:30am -  
11:00am, 11 am -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**

# The Journey Behind Each Mobile Meals Delivery

Have you ever wondered what goes into the Mobile Meals delivery that arrives at your door each day? It's a meaningful process that begins long before your meal arrives. At Mobile Meals headquarters, a careful process is in motion — where your meals are conceived, prepared and packed with one goal in mind— to support your health, independence and well-being.



***In honor of Older Americans Month, we're inviting you behind the scenes to trace that journey:***

## It Begins with Listening.

When you first connect, the Mobile Meals team is in place, listening carefully. We take time to understand your personal preferences, your dietary restrictions, health conditions and cultural traditions – and combine that knowledge with current nutritional research, professional guidance and input from our partners. Your feedback shapes our ingredient sourcing, our menus and the full range of services we provide. Everything begins with understanding you – no one-size-fits-all at Mobile Meals.



## A Nutritious Plan Is Shaped.

Balanced nutrition is the foundation of every meal planned. Our menus adapt for a wide range of preferences, including kosher meals and dishes suited to diabetes or cancer care, among other needs. Fresh produce, pantry staples, proteins, dairy, and whole grains are carefully sourced, with an eye toward taste, balance, nourishment and presentation. Meals are thoughtfully designed, not just processed!

## The Secret Ingredients In Every Delicious Dish.

In our state-of-the-art kitchen, preparation and passion come together. Dieticians, operations staff, culinary employees and volunteers work in close partnership. Food safety standards are rigorous, and meals are evaluated for quality at every step. How a meal looks and feels matters just as much as what's in it. Our attention to detail is one of the ways we say you matter, before we ever arrive at your door.

## Your Meals Are Packed with Precision.

Meals are cooked fresh every day. As orders are assembled, careful attention goes into portioning, labeling for special diets and verifying accuracy for every single order. Volunteers work alongside staff to sort orders by delivery route, packing everything into coolers and readying the orders for the road.

## Volunteers Are at the Heart of Our Deliveries.

Each morning, volunteers arrive, sign in, and review their routes and orders for the day. Did you know that there are almost 200 drivers volunteering more than 15,500 hours each year to bring you your meals? Many drivers are long-tenured and extensively trained—many have been delivering along the same routes, to the same clients, for years. That continuity is no accident; it's the cornerstone of what makes Mobile Meals more than just a meal program. Once drivers confirm their orders, they head out with two commitments: timely delivery and a moment of neighborly connection at every door stop.



## The Knock at Your Door Matters.

Our deliveries are meant as a warm greeting as we hand-off your meal, offering a moment of presence and a quiet but intentional friendly visit to ensure you're doing well.

According to AARP, approximately one in four adults aged 65 and older experiences social isolation. So it's important that our meals are given with a neighborly touch and at the emotional heart of everything we do.

## Mobile Meals: We Want to be a Community Connection.

Our commitment doesn't stop at food. If a driver notices you may need additional support—whether related to mobility, health, or social connection—we're prepared to help connect you with any needed community resources and partner services. We're here as the good neighbor you may count on!

## The Circle Stays Unbroken.

Mobile Meals is always listening – gathering your feedback, refining our services and staying true to a mission that has guided this organization for decades. By the time each day ends, hundreds of meals have been delivered. And most importantly, hundreds of connections have been made – between drivers and clients, between a community and the people at its heart.



***Each weekday it all begins again.***

***And at the center of every single part of Mobile Meals – is you!***

# Nifty Numbers: Helpful Resources for Clients

Mobile Meals believes in the power of community partnerships! We're proud to share this list of organizations that help us better serve those we care for. We'll add to it in future newsletters.

**Mobile Meals of Southern Arizona** 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](http://MobileMealsSoAz.org).

**Community Food Bank of Southern Arizona (CFB)** offers emergency food assistance as well as many other health and nutrition programs and resources. General information: (520) 622-0525. Resource page: <https://www.communityfoodbank.org/how-we-help/additional-resources/>

*Photo, right: Chef Kyle Okurily serves as Kitchen Supervisor for both Mobile Meals and CFB's Caridad Kitchen, ensuring quality and menu planning at each site. Here he reviews CFB's resource listing with a Mobile Meals client who had called for nutritional information.*



**Pima Council on Aging (PCOA)** Help with Medicare, in-home support, caregiver services, legal clinics, and more. Helpline: (520) 790-7262 *Monday–Friday, 8:30 a.m.–5:00 p.m.*

**TMC for Seniors — Tucson Medical Center** Free wellness education, exercise classes, support groups and community programs for older adults. (520) 324-1960 [www.tmc.org/seniors](http://www.tmc.org/seniors)

**University of Arizona | Arizona Center on Aging (ACOA)** Research, education, and clinical care focused on healthy aging and independence for older adults. (520) 626-5800

**Arizona Attorney General — Elder Affairs & Resources for Seniors** Protection from senior abuse, scam alerts, life care planning, the Senior Toolkit, and consumer fraud resources. AG Elder Helpline: (602) 542-2124 | Consumer Complaints (Tucson): (520) 628-6504

**Arizona Adult Protective Services (APS)** Reports abuse, neglect, or exploitation of vulnerable adults. Available 24 hours a day, 7 days a week. (877) 767-2385 [www.azdes.gov/reportadultabuse](http://www.azdes.gov/reportadultabuse)

**AARP Arizona — Tucson Information Center** Resources, events, advocacy, and education for adults 50 and older in Southern Arizona. (520) 571-9884 [www.aarp.org/states/arizona](http://www.aarp.org/states/arizona)

**2-1-1 Arizona — Community Information & Referral** Free, confidential connection to thousands of local resources in English and Spanish. Dial 2-1-1 within Arizona, or call (877) 211-8661 [www.211arizona.org](http://www.211arizona.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 week 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.**