

# Pima Meals on Wheels

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## Home Delivered Meals

Pima Meals on Wheels is a program of Pima Council on Aging in collaboration with community subcontracted agencies: Catholic Social Services and Lutheran Social Services of the Southwest.

At least 70% of older Americans are living with one or more ongoing health conditions. Good nutrition can help manage, prevent, or even reverse common ailments. A year's worth of home delivered meals costs less than **one day** in the hospital.

## To get meals delivered you must:

- Live within Pima County (non-reservation)
- Be age 60 or over. Spouse of someone age 60 or over also qualifies
- Be homebound
- Be unable to attend a Senior Center Congregate Meal Program
- Be unable to obtain or prepare adequate meals
- Be able to feed yourself
- Be able to safely store and heat meals
- Agree to be home when meals are delivered or to contact the program manager in advance

A good  
meal...delivered  
with a smile

## How the program works

If you meet the above eligibility guidelines, call the Pima Council on Aging Helpline at **(520) 790-7262** and discuss your need and interest in receiving home delivered meals.

The Helpline worker will verify that you are eligible for home delivered meals and will refer you to the agency that delivers meals in your area (Catholic Social Services or Lutheran Social Services of the Southwest).

You will call the agency that delivers meals in your area so they can schedule an in-home visit. During this visit, the nutrition provider will explain how the program works and arrange to have meals delivered to your home.

A suggested donation of \$2.00 per meal is requested, but no one is denied service due to an inability to donate. All contributions assist in covering the cost of providing the service.

**Note:** If you do not qualify for Pima Meals on Wheels, the Helpline worker will discuss other possible options.

## Nutritional Information

These meals are designed to meet one-third of the Dietary Reference Intake (DRI) for older adults as established by the National Academy of Sciences. Nutritious foods approved by participant input are included in a five-week menu cycle that provides required amounts of vitamins, minerals, calories, and fiber in every meal. Meals are prepared using low-fat, low-sodium, low-sugar, and high-fiber foods and provide a variety of fruits, vegetables, and entrees. Meals are appropriate for most diets.

### Each home delivered meal includes:

- 2–3 ounces of protein  
(meat, fish, poultry and/or beans, eggs and cheese)
- 2½ cup servings of fresh fruits and/or vegetables (raw at least twice a week)
- 2½ cup servings of whole grain  
(rolls, pasta, rice, tortillas, corn bread, breads or cereals)
- 1 teaspoon butter or fortified margarine
- 1 dessert item (preferably fruit in season)
- ½ pint milk (2% or skim)

### Sample Menu

- ❖ Ginger Glazed Pork
- ❖ Delmonico Potatoes
- ❖ Green Peas
- ❖ Multigrain Bread
- ❖ Apple Slices
- ❖ Milk

A complete monthly menu can be viewed at [www.pcoa.org](http://www.pcoa.org).

## Sign up for Pima Meals on Wheels today Call Pima Council on Aging at (520) 790-7262

This program is funded by Federal Older American Act dollars through the Arizona Department of Economic Security, the City of Tucson, Pima County, United Way of Tucson and Southern Arizona, and your individual contributions.