

**PIMA COUNCIL ON AGING  
HOME DELIVERED MEALS FOR PAY  
RESOURCE SUMMARY – 2008**

**Abbot Home Delivery (Ensure and Prosure)**

Phone: 1-800-986-8502

Monday-Friday 8:00 A.M.-5:00 P.M. Central Time or e-mail [www.ensure.com](http://www.ensure.com)

Available to order ready-to-use Ensure cans, powder, bars, Pulmocare for pulmonary patients, and Glucerna for individuals with diabetes

Allow 7-10 business days for delivery.

**AJ's** (Delivery number 520-232-6340) Ask for catering. 6 am – 9 pm. Delivery throughout Southern Arizona, charges depend upon distance, \$15 minimum, to \$75 in Santa Cruz County, to \$125 in Cochise County. **Does not include 15% driver gratuity.** 24 hours advance notice for off the shelf grocery items (limited to gourmet and specialty); 48 hours advance notice for catered.

**Bashas' Groceries on the Go - Service discontinued May 31, 2008**

**Delicious Deliveries**

Phone: (520) 620-6600

[www.100mph.com](http://www.100mph.com)

Restaurant delivery service (approximately 50 major restaurants)

Hours: Monday-Friday 8:00 A.M - 9:30 P.M./Saturday-Sunday 11:00 A.M.- 9:30 P.M.

There is a \$15.00 minimum order. \$6.99 service charge (depending on zip code) service **does not include driver gratuity.** Orders from a single restaurant of \$50.00 or more will include a 15% charge for driver gratuity. (Payment by cash, credit or debit card only) Cash payments reflect a 4% discount.

**Dream Dinners – 3682 N. Orange Grove Rd. (NE corner intersection at Thornydale)**

John and Lynda Reeves

Phone – (520) 742-0837

Take the stress out of meal planning and the work out of cooking by assembling your own healthy, home cooked meals in a specialty kitchen located at Orange Gove and Thornydale. Every month choose from 14 new recipes. To see menus or schedule a session, go to [www.DreamDinners.com](http://www.DreamDinners.com) or call. There is a minimum of 36 servings (average \$135.00) or 72 servings (average \$250.00). Meal assembly sessions are Thursday – Saturdays.

## **Food Works – Healthy Gourmet Meals**

Janet Loeb

Phone (520) 326-3222

e-mail: [food-works@earthlink.net](mailto:food-works@earthlink.net)

Specializes in health concerns that can be addressed through diet, such as weight, food allergies, vegetarian and non-vegetarian meals. \$23.00 per meal. Will work with family to meet client's needs.

## **Matt's Organics**

Phone: (520) 790-4360

Delivers an assortment of 12-14 types of organic seasonal fruits and vegetables to your door.

\$33, \$45 or \$55 value. (prices subject to market conditions).

## **Meals by the Week**

Rae Frantz

Phone: (520) 741-9020

Service includes shopping, meal planning, specialized diets, and cooking your choice of meats, fruits and vegetables. All prepared meals are delivered on Saturdays. Microwave for 3 minutes for a hot and nutritious meal. No delivery charge.

Cost - \$45.00 for 7 meals.

## **Schwan's**

Phone: 1-800-544-8708

Offers a wide variety of food choices including frozen meals, meats, fruits, vegetables and ice-cream

No minimum purchase, no delivery charge. [www.impromptugourmet.com](http://www.impromptugourmet.com) a division of Schwan's Home Service. Call for a current catalogue.

## **Internet Resources**

[www.diamondorganics.com](http://www.diamondorganics.com)

[www.diettoyourdoor.com](http://www.diettoyourdoor.com)

[www.dinewise.com](http://www.dinewise.com)

[www.freshcuisine.com](http://www.freshcuisine.com)

[www.homebistro.com](http://www.homebistro.com)

[www.magickitchen.com](http://www.magickitchen.com)

[www.rasstore.com](http://www.rasstore.com)

[www.safeway.com](http://www.safeway.com)

**DE: PCOA 05-13-2008**

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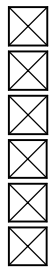
## Selecting a Frozen Meal



Linda Hutchings, MS,RD

Frozen meals have come a long way from the “TV” dinners of the past. Choices have expanded to satisfy almost any palate. It is quite possible to plan a healthy, balanced diet using commercial frozen meals as the basis. Complete the meal with a salad or a favorite vegetable, a cup of milk or low fat yogurt, and a piece of fruit

Here are few guidelines to follow when making a selection



**No Hydrogenated Oils.**

**At least 300 calories.**

**No more than 1 gram of saturated fat per 100 calories.**

**No more than 4 grams of total fat per 100 calories.**

**No more than 200 milligrams of sodium per 100 calories.**

**At least 3 grams of fiber.**

Below is a small sample of products that meet the above criteria. Many companies that make frozen meals have at least a couple of acceptable choices.

### **Amy's**

Chili and Cornbread

Country Dinner

Tofu Vegetable Lasagna

Rigatoni

Mexican Casserole Bowl

### **Lean Cuisine**

Grilled Chicken & Penne Pasta

Café Classics Margherita Pizza

Dinnertime Solutions Jumbo

Oriental Style Pot Stickers

**Ethnic Gourmet**

Bowl Pad Thai with Tofu  
Chicken Tandoori  
Chicken Pad Thai  
Picadillo (Beef with Raisins and olives)  
Kung Pao Chicken  
Shrimp Fried Rice

**Cascadian Farm**

Pasta Primavera

**Healthy Choice**

Salisbury Steak  
Mesquite Beef  
Chicken w/BBQ Dipping Sauce  
Chicken Parmigiana  
Turkey Breast  
Sweet and Sour Chicken

**Budget Gourmet**

Teriyaki Chicken Breast

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