

## **Pima Meals on Wheels**

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All information is as of July 2018, and SUBJECT TO CHANGE

### **Home-Delivered Meals**

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

Good nutrition can help manage, prevent, or even reverse common health conditions. By getting the proper nutrition, you can significantly reduce your risk of ongoing health issues.

### **To get meals-delivered you must:**

- Live within Pima County (non-reservation)
- Be age 60 or over. The 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 on your own
- 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. Our qualified helpline staff will discuss your eligibility for home-delivered meals and will refer you to the agency that delivers meals in your area (Catholic Community 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, determine your eligibility, and arrange to have meals delivered to your home.

This program is in part funded through participant donations of \$2.00 per meal, though service is not denied to people who are unable to donate. All contributions assist in covering the cost of providing the service.

**Note:** If you do not qualify for Pima Meals on Wheels, our helpline staff 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 are included in a six-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.

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

### **Sample Menu**

- ❖ BBQ Chicken
- ❖ Roasted Potatoes
- ❖ 5-Bean Salad
- ❖ Multigrain Bread
- ❖ Peaches
- ❖ Milk

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