



HOME-DELIVERED MEALS

Sunrise Neighborhood Assistance Program (SNAP) provides this information for your convenience and does not endorse or guarantee quality of service from any of these companies.

The following are some options for obtaining already prepared meals delivered to or made in your home. A few offer fresh meals; a few offer frozen meals.

Chef-Made Prepared Meals - Local

Chefs for Seniors

Website: <https://chefsforseiors.com/tucson/>

Phone: 520-971-8537

Rhonda Humphry: Rhonda.humphry@chefsforseiors.com

How it Works: Schedule weekly or bi-weekly visits with a chef. No long-term contracts for meals. Professional chefs bring fresh ingredients and cook delicious, homemade meals in client's kitchen. Several options available, including choosing from weekly standard menu rotations, customized meals for dietary concerns/preferences/restrictions or private chef services multiple times per week or daily. Standard practice is for the chef to prepare enough meals for a week in the client home. As their services are personalized, call Rhonda to discuss the option you are interested in and to get a quote. Schedules for meal preparation are set up with the client individually according to their preferences.

Sybil's Kitchen

Website: <https://atsybilskitchen.com>

Phone: 520-909-9092

Email Sybil at: sybillovesfood@gmail.com

How it Works: Chef Sybil sends out a weekly menu of meals (with prices) that are available to order. Client subscribes on her website to get her weekly emails with details about the menu items. For those who do not use email or internet, Sybil will gladly work with client by phone. Meal orders (usually 2-3) are delivered to client's home for a fee of \$5 per delivery. Menu includes up to 15 entrees cooked fresh weekly. Deliveries to SNAP area will be Tuesday or Wednesday of week following order placement on Thursday. Entree choices include chicken, fish or seafood, beef/pork, vegetable and salads. The menu also includes a weekly dessert. Frozen entrees are also available which serve 2-3 people. Sybil will gladly work with any dietary restrictions. No contracts or obligation to order weekly.



HOME-DELIVERED MEALS

Meals on Wheels Prepared Meals Programs in Tucson

Pima Meals on Wheels - frozen

Lutheran Social Services (this organization serves SNAP neighborhood)

6303 E Tanque Verde Rd, #101

Tucson, AZ

Phone: 520-514-7642

Website: <https://www.lutheranservices.org/>

Pima Meals on Wheels is a (federally funded) program of Pima Council on Aging in collaboration with community subcontracted agencies: Catholic Community Services and Lutheran Social Services of Southern Arizona. The SNAP (Sunrise Neighborhood Assistance Program) geographic area is serviced by Lutheran Social Services of Southern Arizona.

Frozen meals are delivered twice a week, either Monday and Wednesday or Tuesday and Thursday by volunteers. Meals are funded in part by participant donations, though service is not denied to people who are unable to donate.

How it works: Call Lutheran Social Services at 520-514-7642 or contact Jessica Anguiano janguiano@lss-sw.org. A case manager will conduct a phone intake with the potential client to determine eligibility. The case manager must identify specific activities of daily living that inhibit the person from being able to feed themselves appropriately. There is currently a short wait-list to get this service. Once eligibility is established, meals* are delivered twice a week, either Monday and Wednesday or Tuesday and Thursday.

Eligibility for Meals on Wheels**:

- Live within Pima County
- Be age 60 or over. (The spouse of someone age 60 or over qualifies.)
- Be homebound
- Be unable to obtain or prepare adequate meals on your own
- Be able to feed yourself
- Be able to safely store and heat meals
- Be home for delivery or provide notice to program manager in advance

Cost: \$2/meal is recommended, but a client can give more or less depending on their ability to pay.

*Currently, 7 meals per week are being delivered to clients. **Eligibility not income-based.



HOME-DELIVERED MEALS

Mobile Meals on Wheels of Southern Arizona - fresh

4803 E 5th St #209

Tucson AZ 85711

Phone: 520-622-1600

Office hours: Monday – Friday 8 am – 4 pm

Website: <https://www.mobilemealssoaz.org/>

Mobile Meals on Wheels of Southern Arizona (Signature Meal Service) partners with senior living facilities and hospital kitchens to prepare and deliver a no-prep, low-cost option for lunch and dinner. Meals are delivered fresh daily (Monday thru Friday) by volunteers. Meals can be purchased for 3, 4, or 5 days a week and are available for all special diets. Dietary restrictions are accommodated, but not food preferences. Fees are determined by a sliding fee scale based on family size and income. Current price ranges from \$1 - \$10 per day for two meals.

Mobile Meals on Wheels also partners with kitchens to provide home-delivered organic meals, concierge meal service and Kosher meals as described below.

How it works: Call 520-622-1600 with questions or to begin the intake process which is currently being done by phone. Completion of the online form under “Enroll Now” is another option. Meal delivery can start in as few as three days. Credit cards are accepted for payment as well as Mercy Care and food stamps.

Eligibility for Mobile Meals on Wheels of Southern Arizona:

- Meals are provided for those unable to drive, shop, cook meals (including seniors, people with disabilities, people facing tough medical conditions or end-of-life issues).
- No income restrictions to receive meals but fees for meals are based on income.



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Prepared Meals - Partnership Programs of Mobile Meals on Wheels of Southern Arizona

Organic Meals – frozen

How it Works: In partnership with Stay Naked Kitchen, this program offers frozen organic meals. Clients pay with a credit card and meals are delivered once weekly, on Mondays, by a Mobile Meals volunteer. A special intake team works with the client to place orders. It is a great option for health-conscious people who are happy with pre-prepared menu choice. Meals are priced at \$5 per meal, minimum order of 6 meals, maximum of 14 meals weekly.

This program is for those:

- who want a regular diet, organic food and a heart healthy diet
- are mobile and dexterous enough to heat their own food
- have a freezer to store meals and an oven or microwave to heat meals

Concierge Meal Service - frozen

How it Works: In partnership with Mom's Meals, this custom meal program accommodates special diets and medically tailored diets. A special intake team works with the clients to place orders. Client pays in advance with a credit card. Orders can be for up to 21 meals each time. Meals are priced at \$7 each plus an order convenience fee of \$19.95 per order. Meal delivery is by mail.

This program is for:

- clients with special dietary needs#
- clients who can heat or partially prepare their own meals
- clients who have a freezer to store their meals
- those receiving meals through another Mobile Meals program who want additional meals

#Special meal options include Cardiac, Diabetic, Renal, Cancer Support, Soft Foods, Pureed, Finely Chopped, Gluten Free, Vegetarian, Vegan, Low Sodium, Low Sugar, Low Fat, Low Calorie. Meal choices include breakfast, lunch and dinner options.

Kosher Meals – fresh/refrigerated

How it works: In partnership with Handmaker Meals on Wheels, this program offers fresh Kosher meals. Two meals are delivered Monday through Friday and are priced at \$5 per meal. Client can order extra meals for weekends. Menus are created by Handmaker. No substitutions or menu choice. Quality of the Kosher meals is very high. A special intake team works with the client to place orders. Clients pay in advance monthly using a credit card. This service accommodates both weekday and weekend needs. Meals can be frozen for later use.



HOME-DELIVERED MEALS

Prepared Meal Delivery – Non-local

Moms Meals

Phone: 1-877-508-6667; Customer Care: 1-866-971-6667

Website: <http://www.momsmeals.com>

Email: Customer Care: info@momsmeals.com; Orders: orders@momsmeals.com

Mom's Meals prepares and delivers chef-designed meals to seniors to help them stay healthy, recover from a hospital stay or aid in managing a health condition (e.g. heart disease, high blood pressure, kidney disease or diabetes).

How it Works: Individuals or their caregivers who are looking for a self-pay meal delivery program, call or email Mom's Meals to order or to make arrangements for meals to be shipped to themselves or to their loved ones. A variety of meal options are offered. Menus are posted on their website. Gift certificates are available. There is a minimum of 10 meals per delivery period, but no long-term commitment. Cost of meals is \$6.99 - \$7.99 per meal and delivery charge is a flat rate of \$14.95. Delivery is through third-party partners and packaging is designed for meals

Some individuals may qualify under their health insurance plans for post-discharge or chronic care service. Moms Meals does not determine eligibility. Individuals should check with their healthcare plan, case manager or Area Council on Aging to determine coverage.



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MEAL KITS – ONLINE ONLY

How Meal Kits Work: Customers sign up for a meal plan online and receive all the components of a meal delivered to their door once a week by a delivery partner (e.g. FedEx, UPS). This includes exact quantities of all ingredients, spices, sauces and instructions.

Advantages of meal kit plans:

- Meal kits provide exact portions of ingredients, leading to less food waste; packaging is generally environmentally friendly/recyclable.
- Meal kits save the time of grocery shopping and meal planning.
- Meal kits provide an opportunity for customers to try new recipes with every ingredient supplied in the exact measurement needed.
- Nearly all plans offer a discount on meals for new customers. Typically, the savings offered are spread across several deliveries.
- Some plans also offer frozen prepared meals which can be added to an order. Others offer add-ons for lunch entrees, for example.
- Meal kit services offer a variety of options, allowing the customer to choose meals that best suit their preferences and lifestyle.

Things to be aware of when choosing a plan:

- Although all companies have an option to easily cancel a subscription and will allow customers to skip weeks, enrollment is necessary to begin. This means they require a credit card to be on file.
- It is necessary to keep on top of each week's menu and either choose meals or skip the week.
- If the customer fails to select meals from the weekly menu, a box with pre-selected meals will be delivered based on the plan (# of meals per week, preferences) that customer has previously ordered.
- Although there are exceptions, delivery charges are additional with most plans.



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Following is a selection (by no means all) of popular online meal kit options available:

Sun Basket

Website: <https://sunbasket.com/>

Developed by award-winning San Francisco chef Justine Kelly, Sun Basket's organic menus showcase ingredients and flavors from around the world. The recipes are chef-driven but simple to follow and easy to prepare. Sun Basket caters to a variety of diets, including vegetarian, paleo, gluten-free and pescatarian, with 18 different recipes to choose from each week for all of its special plans. Single-serve, ready to heat meals are also a choice within this plan.

- What's in the box - 2-4 meals, 2-4 servings each
- Special diets - Vegan, quick and easy, lean and clean and many more
- Price - \$10.99 - \$11.99, per serving; delivery charge depends on size of order.

HelloFresh

Website: <https://www.hellofresh.com>

Hello Fresh is a subscription meal delivery service that provides 25 different meal options each week. The customer chooses 3-5 meals for delivery on a specified day each week with an option to skip a week (or more). Boxes include the fresh vegetables or frozen meats as well as spices and all ingredients proportioned for 2 or 4 people. Hello Fresh puts an emphasis on environmentally friendly packaging.

- What's in the box - 3-5 meals for 2 – 4 people
- Special diets - Vegetarian, gluten-free, dairy-free, nut-free
- Price – \$8.99 per serving, plus shipping charge each week of \$8.99. Add-on meals are available.

Home Chef

Website: <https://www.homechef.com/>

Home Chef is a part of the Kroger family; Kroger sells a selection of their meal kit products in their stores, thereby offering an opportunity to try them before enrolling. Home Chef lets customers set up a "taste profile", as well as a difficulty level. Each week there is a selection of 18 different dishes to choose from, aligned with a person's taste profile. These include quick, 5-minute lunches and entrées, and also add-ons such as smoothies. Home Chef lets customers choose meals a month in advance.

- What's in the box - 2-6 meals, 2, 4 or 6 servings each
- Special diets - Vegetarian, soy-free, dairy-free, gluten-free and more
- Price - \$8.99 or \$9.95, per serving; delivery charge depends on size of order. \$50+ = \$7.99. Orders of less than \$50 are charged \$13.99 for delivery.



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Every Plate

Website: <https://www.everyplate.com/>

At just \$4.99 per meal, Every Plate is one of the most affordable meal delivery services. Every Plate's meals take about 30 minutes to cook. The weekly menu only features 14 meals. The way that Every Plate can offer this per-meal price is by using less packaging, offering fewer meal options and recipes that aim to minimize time in the kitchen, compared to other plans with chef-inspired meals and more preparation.

- What's in the box – 3-5 meals, 2-4 servings
- Special diets – no
- Price - \$4.99 per serving; \$8.99 shipping per order

Dinnerly

Website: <https://dinnerly.com>

Dinnerly's meal kit plans feature grass-fed beef and antibiotic free chicken. Dinnerly foregoes printed recipe cards for all digital instructions and simplifies packaging and marketing. The customer will have to log onto the website for recipes. The menu rotates every week and offers more than a dozen meals, with a balance between vegetarian and meat dishes as well as gluten-free options. Dinnerly offers a two-person box as well as a family box with 3, 4, or 5 meals per week.

- What's in the box – 3-5 meals per week, 2 servings – family size
- Special diets – vegetarian, meat and gluten-free options
- Price - \$5 per meal; delivery charge is \$8.99 per shipment.

Purple Carrot

Website: <https://www.purplecarrot.com>

Purple Carrot offers a totally vegan-friendly menu. They offer a choice of meal kits, which are prepared at home or frozen, prepared meals, ready to heat and eat. Purple Carrot also offers gluten-free meals.

- What's in the box – 3 meals per week for 2 servings or 3-4 meals per week for 4 servings (meal kits); ready to eat meals are packaged for one person (order 6-10 dinners per week).
- Special diets – vegan
- Price - \$11.99 per serving for meal kits for 2 or \$9.99 per serving for meal kits for 4; \$12.99 for frozen, prepared meals. Prices include shipping costs.



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Blue Apron

Website: <https://www.blueapron.com/>

Blue Apron seems unique in that it offers menu flexibility so the customer can change plans or number of servings any week. Blue Apron's meals feature non-GMO ingredients, local and seasonal produce, and sustainable seafood and meats all sourced from family-run farms. Every week Blue Apron offers a new menu of about 8 meals. Specialty menus for vegetarians and Weight Watchers customers are also available.

- What's in the box: 4 plans to choose from. Each plan includes an option for 2 or 3 meals a week, except the family option which includes 4 servings for either 2, 3, or 4 meals per week.
- Special diets: Vegetarian, Weight Watchers, diabetes-friendly meals offered
- Price: Starting at \$7.49 per meal; free shipping with 3 or more meals per week; otherwise \$7.99.

Silver Cuisine – prepared frozen meals only

Website: <https://www.silvercuisine.com>

Phone: 844-404-3663

Silver Cuisine delivers (via FedEx) prepared meals to the customer's door. Customers need only heat and enjoy. Unlike other meal plans, orders can also be placed by phone. The menus are doctor designed and chef-prepared with a focus on the nutritional needs of seniors. Silver Cuisine offers meals that are focused on heart-healthy, diabetic, low sodium and gluten free diets. There is no minimum number of meals to order. AARP savings are available.

- What's in a box – Whatever number of meals the customer chooses to order. No minimums.
- Special diets – heart-healthy, diabetic, low sodium, gluten-free
- Price – Ranges from \$8.99 - \$13.99 per meal; FedEx delivery is \$13.99.