



FOOD & NUTRITION RESOURCES

MEAL OPTIONS IF YOU'RE HOMEBOUND

If you're unable to cook or shop for yourself, you may qualify for **home-delivered meals**. These meals are nutritious, tailored to your needs, and brought right to your door.

Key Providers:

- **Pima Meals on Wheels (PCOA)** – (520) 790-7262
- **Interfaith Community Services** – (520) 297-6049 x4208
- **Mobile Meals of Southern AZ** – (520) 622-1600

Most offer sliding-scale or donation-based pricing. Let us help you determine what's best.

For a full list of home-delivered meal options, including private-pay services and specialty diets, please call the PCOA Helpline.

NEED GROCERIES OR FOOD BOXES?

Community Food Bank of Southern Arizona

Main site: 3003 S. Country Club Rd. | (520) 622-0525

Other sites: Green Valley, Marana, Amado, Nogales

Tucson Food Share – Free groceries, no paperwork

2500 N. Stone Ave | (520) 222-9242 | tucsonfoodshare.org

Casa San Juan, Caring Ministries, and **church food pantries** throughout the region offer groceries weekly. Ask for our expanded list or visit:

www.communityfoodbank.org/get-help

Many community pantries and food distribution sites are available across Pima County. For a full list near you, please call our Helpline at (520) 790-7262.

HELP PAYING FOR FOOD (SNAP)

SNAP (formerly Food Stamps) can help stretch your grocery dollars.

How to Apply:

- Visit: www.healthearizonaplus.gov

- Need help applying? PCOA can connect you to someone who will walk you through it.

Helpful Programs:

- **Elderly Simplified Application (ESAP):** des.az.gov/esap
- **El Rio Health Centers:** Offer in-person assistance
- SNAP also works at participating **restaurants** and **farmers' markets**.

Fresh Produce & Special Programs

- **Borderlands Produce Rescue:** 70 lbs of fresh produce for a \$15 donation
borderlandsproducerescue.org
- **Market on the Move:** \$10 donation for up to 60 lbs
marketonthemove.org
- **Senior Farmers Market Program:** Call (520) 790-7262 for eligibility

Discount Days at Grocery Stores

- **Fry's:** 1st Wednesday monthly, age 55+
- **Safeway:** 1st Wednesday, age 62+
- **Bashas:** 1st Wednesday, age 55+

We're Here for You

If you're not sure where to start, call us.

PCOA Helpline: (520) 790-7262

Our caring staff will help you explore options, check eligibility, and find the right support.