



## **Food Resource Guide for People Living with HIV in the Tucson Area**

- ***TIHAN and SAAF Food Support***
- ***HIV and Nutrition Resources***
- ***Faith Community Food Pantries***
- ***Farmers Markets***
- ***Food Boxes***
- ***Free Meals***
- ***Food Literacy and Financial Literacy Programs***

**Updated May 2016**

**The idea for this resource guide came as a result of the increased demand for food resources among people living with HIV.**

In order to create a resource that acknowledges the many different facets of food insecurity, we have included the following categories:

- Food resources available through TIHAN, SAAF, and other providers of support for people living with HIV in Tucson
- Other major food resource providers in the Tucson area
- Faith communities with food pantries
- Locations where hot meals are served on any particular day
- Resources for support and education about stretching food budgets and overall financial planning

**Some words of caution:**

- ⇒ TIHAN does not permit proselytizing, but other faith communities and faith-based organizations may require it as a condition of receiving help. Please be advised that some of the food programs found in this brochure may involve proselytizing.
- ⇒ The food resources listed in this brochure have varying levels of knowledge and sensitivity regarding HIV/AIDS. Remember that you are never required to disclose your HIV status to anyone.
- ⇒ Finally, the food support programs listed in this brochure may have eligibility criteria and limited resources, and are subject to change. Some may involve small fees or intake/registration requirements. It is highly recommended to call to verify resources, eligibility, and requirements prior to visiting any of these programs for food assistance.

If you discover that any of the information in this brochure is incorrect or has changed, or if you know of additional food resources, please let us know! Contact a TIHAN Link Specialist volunteer at [LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org) or 299-6647 ext 205.

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Thanks to Rincon Congregational United Church of Christ, and to the staff and volunteers of TIHAN who helped put together this resource guide. We are grateful to the people of Rincon UCC, the Justice and Witness Ministries Committee, and those responsible for the Dunham Trust Fund for their long-term support of TIHAN's programs focusing on addressing hunger and nutritional support for people living with HIV.

Grounded in openness, with respect and justice for all, Rincon Congregational United Church of Christ is a welcoming and progressive Christian community that believes in a God who is more about grace than judgment. For more information about Rincon UCC, visit [www.rinconucc.org](http://www.rinconucc.org) or call 745-6237.

# **Food Programs at TIHAN**

## **(Tucson Interfaith HIV/AIDS Network)**



### **Poz Café Lunch Program**

Poz Café is a monthly lunch program for people living with HIV. "Poz" is an abbreviation for positive, as in HIV-positive.

On the third Thursday of each month, volunteers from local Tucson faith communities provide a fantastic, delicious and nutritious lunch for adults living with HIV and their guests. This is followed by time to "hang out," chat, participate in a game or two of bingo, enjoy our raffle of fun and useful gifts, and receive a CarePackage filled with toiletry items. Poz Café is a way to enhance good health through friendship and nutrition.

All attending the event are required to honor the highest standard of confidentiality. Limited transportation may be available.

For more information about Poz Café and to RSVP, contact a TIHAN Link Specialist volunteer at [LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org) or 299-6647 ext 205.

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### **Poz Breakfast Program**

TIHAN offers a voucher to people living with HIV for a free breakfast the first Wednesday of every month from 6:00am to 2:00pm, courtesy of Mother Hubbard's Restaurant. The restaurant does not distribute vouchers—to request a voucher, contact a TIHAN Link Specialist volunteer at [LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org) or 299-6647 ext 205.

#### **ONE FREE BREAKFAST SPECIAL**

**EGGS, HASHBROWNS, & TOAST**

Coffee, tea, or juice is available for a fee.

Mother Hubbard's, 14 W. Grant Rd.  
(in the plaza at the northwest corner of Grant & Stone)

# TIHAN Food Literacy Program



TIHAN offers “Eating Well” classes four times a year, in collaboration with the University of Arizona College of Life Sciences and Agriculture Cooperative Extension. This two-part class for adults living with HIV connects participants with food resources and teaches nutritional essentials such as food budgeting and healthier eating.

The second session of the class features a cooking demonstration, and participants get to enjoy the results. Participants living with HIV who complete both sessions of the two-part class are eligible to receive a \$50 gift card to Fry’s.

For more information about the Eating Well classes and to RSVP, contact a TIHAN Link Specialist volunteer at [LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org) or 299-6647 ext 205.



## Eating Well Two-Part Class

- ◇ balancing calorie intake ◇ utilizing a shopping list ◇ food safety ◇
  - ◇ budgeting and shopping on fixed incomes ◇
- ◇ cutting back on fats, sugars, and salts ◇ minimizing pre-packaged foods ◇
  - ◇ cooking for one person (or a small family) ◇
  - ◇ being physically active in your own unique way ◇

★ *Free Class* ★

★ *\$50 Fry’s food card upon completion* ★

Gift card only for those living with HIV

**Only for people living with HIV and their registered guests.**

To sign up or for more info, contact a Link Specialist volunteer at [LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org) or 299-6647 ext 205.

# TIHAN Financial Literacy Program

“Planning Well” is a budgeting class offered four times a year for adults living with HIV. Learn about effective goal setting, tools to manage bills, building and repairing credit, banking, reducing debt, and more. TIHAN collaborates with the non-profit Community Investment Corporation to offer these classes.

Planning Well classes provide knowledge and tools to make informed decisions with available financial resources, empowering participants to work towards financial stability and to use their resources more effectively towards food and nutrition needs.

For more information about the Planning Well classes and to RSVP, contact a TIHAN Link Specialist volunteer at [LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org) or 299-6647 ext 205.



## Planning Well

- ✓ Make a plan to achieve your goals
  - ✓ Get tools to manage bills
  - ✓ Prepare your personal spending plan
  - ✓ Learn to read a credit report
  - ✓ Learn how to build and repair credit
  - ✓ Discuss reasons to use a bank
  - ✓ Learn methods to reduce debt and avoid scams
- ..and more!



Only for people living with HIV and their registered guests.  
To sign up or for more info, contact a Link Specialist volunteer at [LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org) or 299-6647 ext 205.

# **Food and Nutrition Programs at SAAF (Southern Arizona AIDS Foundation)**

## **Food for Life**

Food for Life offers home delivery of up to three ready-to-eat meals a day to people living with HIV who have demonstrated nutritional need and are unable to shop or cook for themselves. A doctor's authorization is required, and geographic limitations apply.

## **Food Pantry**

SAAF has an in-house food pantry. Once a month, registered clients living with HIV can obtain food staples, supplemental meat and dairy products, and fresh produce items. Food bags are available daily at the SAAF office.



## **Harvest Days**



Individuals living with HIV can visit SAAF to receive fresh produce on the last Wednesday of each month. Arrive at 10:00am to sign in. Available until supplies run out (usually by 12:00pm).



**SAAF's food and nutrition programs are available to active, registered SAAF clients. Call 628-7223 for more information.**

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**Please check with your own physician or case manager about additional food and nutrition resources that might be available exclusively to their own clients/patients.**

# **More Food Literacy and Financial Literacy Programs**

## **For Long-Term Planning and Support for Food and Financial Wellbeing**

These programs offer assistance and counseling to help maximize your food and nutrition options and help you budget to make the most of your income and use your available funds most effectively.

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### **Food Literacy Programs**

**The Garden Kitchen** 621-0476  
2205 S. 4th Ave, Tucson 85713



The Garden Kitchen offers nutrition education that covers gardening and growing your own food, food purchasing and shopping on a budget, and meal preparation and storage. Classes are interactive, and participants gain the skills and knowledge to make healthy food choices on any budget.

**El Rio Special Immunology Associates (SIA)** 628-8287  
1701 W. St. Mary's Rd., Suite 160, Tucson 85745

Patients of El Rio SIA can take advantage of nutrition-focused cooking classes with a Registered Dietician, offered twice a month. Participants learn how to cook healthy and affordable meals, while maintaining adequate nutritional value. One-on-one nutritional counseling is also available.

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### **Financial Literacy Programs**

**Community Investment Corporation (CIC)** 529-1766  
2525 E. Broadway, Suite 105, Tucson 85716

Financial education classes at CIC, offered monthly, are open to the community. These classes cover a wide range of subjects, including basic banking, savings, credit, debt, and investing. After attending, participants can attend one-on-one financial counseling sessions to create a customized budget, track progress towards goals, and more.



# Tucson Area Food Banks

## **Community Food Bank**

622-0525 3003 S. Country Club Rd., 85713  
Tues-Fri, 9:00am-4:30pm; Sat, 9:00am-1:30pm

## **Green Valley/Sahuarita Community Food Bank**

625-5252 250 E. Continental Rd., Green Valley, 85614  
Mon/Wed/Thurs/Fri, 9:00am-12:30pm; Tues, 12:30pm-4:30pm

## **IMPACT of Southern Arizona**

### **Northwest Food Bank: 825-0009**

3535 E. Hawser St., 85739  
Mon-Fri, 8:00am-4:30pm

### **Vail Food Bank: 222-4966**

13190 E. Colossal Cave Rd. #130, Vail, 85641  
Mon-Wed, 8:00am-4:30pm; Thurs/Fri, 9:00am-6:00pm



## **Interfaith Community Services**

297-6049 2820 W. Ina Rd., 85741  
Food Bank: Mon-Sat, 9:00am-1:00pm; Tues, 5:00pm-7:00pm

## **Marana Community Food Bank**

682-3001 11734 W. Grier Rd., Marana, 85653  
Tues/Thurs/Fri, 10:00am-3:00pm; Sat, 9:00am-12:00pm

## **Nogales Community Food Bank**

281-2790 2636 N. Donna Ave., Nogales, 85631  
Tues-Fri, 9:00am-1:30pm

## **Primavera Foundation** \*Bring photo ID and proof of residence

### **Homeless Intervention and Prevention location: 623-5111**

702 S. 6th Ave., 85701  
Food Boxes: Mon/Wed/Thurs/Fri, 9:00am-12:30pm

### **Primavera Training Center: 882-5383**

151 W. 40th St., 85713  
Food Boxes: Tues/Wed/Fri, 1:00pm-3:00pm

## **Robles Ranch Community Center**

822-4408 16150 W. Ajo Hwy., 85735  
Community Food Bank: Tues, 3pm-6pm; Wed/Fri, 10am-3pm

## **Southwest Community Center**

578-0922 5950 S. Cardinal Ave., 85746  
Happy Food Project: Mon/Wed/Fri/Sat, 9:00am-11:00am  
Food boxes distributed on a first-come, first-served basis. No ID required. Use as often as needed.

# Faith Communities with Food Pantries

## Central

### Christ Church United Methodist

327-1116 655 N. Craycroft, 85711  
Food Bank hours: Mon-Fri, 9:00am-12:00pm

### Grace St. Paul's Episcopal Church

327-6857 2331 E. Adams St., 85719  
Joseph's Pantry hours: Mon-Sat, 9:00am-12:00pm

### Living Faith Christian Center

722-2217 4108 E. North St., 85712  
Food boxes and clothing: Thursdays, 1:00pm-5:00pm

### Temple Emanu-El

327-4501 225 N. Country Club Rd., 85716  
Rabbi's Pantry hours: Mon-Thurs, 8am-5pm; Fri, 8am-4pm

### Vineyard City Church

314-0032 3150 E. Fort Lowell Rd., 85716  
Food Box hours: Thurs, 9:00am-12:00pm; Sat, 12:30pm-2:30pm

## South

### Hope United Methodist Church

294-1824 6740 S. Santa Clara Ave., 85756  
Mon-Fri, 9:00am-1:00pm  
Limit one per month

### Tucson Area Christian Fellowship

325-2045 1212 S. Palo Verde, 85713  
Thursdays, 1:00pm-3:00pm

## West (I-10 Area)

### Caring Ministries

882-2645 820 W. Calle Sur, 85705  
Mon-Thurs, 1:30pm-4:00pm  
Need ID and proof of address; limit one per month

### Victory Assembly of God

293-6386 2561 W. Ruthrauff, 85705  
Tues/Thurs, 9:00am-12:00pm and 2:00pm-5:00pm

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## East

### New Spirit Lutheran Church

296-2461 8701 E. Old Spanish Trail, 85710  
Tues-Thurs, 1:00pm-4:00pm; Sat, 10:00am-1:00pm



### St. Michael and All Angels Episcopal Church

886-7292 602 N. Wilmot Rd., 85711  
Grocery Sacks: Mon/Wed/Fri, 9:00am-10:00am

### St. Paul's United Methodist Church

296-6149 8051 E. Broadway, 85710  
Mon-Fri, 9:00am-11:30am



## North East

### St. Francis in the Foothills United Methodist Church

299-9063 4625 E. River Rd., 85718  
Mon-Thurs, 8:30am-4:00pm; Fri, 8:30am-12:00pm



## University Area

### New Jerusalem Missionary Baptist Church

903-1732 1345 S. Tyndall Ave., 85713  
Pantry hours: Fridays, 8:30am until supplies have run out

### Trinity Presbyterian Church

623-2579 400 E. University Blvd., 85705  
Pantry hours: Tues/Thurs, 12:00pm-4:00pm; Sun, 12:00-2:00pm

## Oro Valley

### Canyon del Oro Assembly of God

742-1168 2950 W. Lambert Ln., 85742  
Wed/Sat, 9:00am-12:00pm



## Green Valley/Sahuarita

### Good Shepherd Church

625-1375 17750 S. La Canada Dr., Sahuarita 85629  
Thurs, 3:00pm-5:00pm; Sat, 10:00am-12:00pm



**Note: Roman Catholic Churches** throughout Southern Arizona offer food assistance, but you may receive support only from the parish area where you reside. To be directed to the appropriate parish, contact the **Society of St. Vincent de Paul at 741-1230.**

## **Meal Delivery Programs**

### **Interfaith Community Services**

Mobile Meals program: 297-6049 Ext. 208

Meals delivered by volunteers to residents in the northwest Tucson area. Call for eligibility details.

### **Pima Meals on Wheels** 1-866-514-7642

Federally funded, home-delivered meal program for homebound individuals over the age of 60 with no other access to nutritious meals. Call for eligibility details.

### **Mobile Meals of Tucson** 622-1600

Meals delivered by volunteers for homebound individuals who either have special dietary needs or are under the age of 60 (ineligible for Meals on Wheels). Call for eligibility details.

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## **Food Programs for Seniors**

### **Ajo Community Center Senior Nutrition Program** (60+)

387-5040 290 5th St., Ajo, 85321

Lunch: Mon-Fri, 10:00am-1:00pm (served at 12:00pm)

### **Armory Park Center** (60+)

791-4865 220 S. 5th Ave., 85701

Dinner: Mon-Fri, 3:00pm-4:00pm

Food Boxes: 4th Wed of the month, 9:00am-12:00pm

### **IMPACT of Southern Arizona Senior Center**

For people 60 and older, with additional eligibility requirements

825-0009 16701 N. Oracle Suite 145, 85739

Lunch: Mon/Tues/Thurs, 11:30am-12:30pm (call for reservation)

Meal delivery for homebound seniors: Mon/Tues/Thurs

### **Robles Ranch Community Center—J.O.Y. (Just Older Youth) Senior Program** (60+)

822-4408 16150 W. Ajo Hwy., 85735

Lunch: Mon/Wed/Fri, 10:30am-2:00pm (served at 12:00pm)

Nutrition classes once a month on different nutrition topics

**For additional food resources for seniors, contact the Pima Council on Aging at 790-7262.**

# Tucson Area Farmers Markets

## Farmers Markets that accept SNAP, WIC checks, and Farmers Market Nutrition Program (FMNP) vouchers:

### Community Food Bank Farm Stand

3003 S. Country Club Rd., 85713

Year-round: Tuesdays, 8:00am-12:00pm

### El Pueblo Seasonal Mobile Market

Southwest corner of Irvington Rd. and S. 6th Ave., 85714

Year-round: Mondays, 3:00pm-5:00pm

### Nogales Mercado Farmer's Market

163 N. Morley Ave., Nogales, 85621

Fridays: May to Sept, 4pm-7pm; Oct to April, 3pm-6pm

### Santa Cruz River Farmers Market at Mercado San Agustin

100 S. Avenida del Convento, 85745

Thursdays: May to Sept, 4pm-7pm; Oct to April, 3pm-6pm

## Farmers Markets that accept SNAP and WIC benefits:



### Oro Valley – Steam Pump Ranch 882-2157

10901 N. Oracle Rd., Oro Valley, 85737

Saturdays: Apr to Sept, 8am-12pm; Oct to Mar, 9am-1pm

### Rillito Park 882-2157

4502 N. 1st Ave., pavilion in southeast corner of park, 85718

Sundays: Apr to Sept, 8am-12pm; Oct to Mar, 9am-1pm

### Trail Dust Town 882-2157

6541 E. Tanque Verde Rd., 85715

Fridays: Apr to Sept, 8am-12pm; Oct to Mar, 9am-1pm

## Farmers Markets that accept WIC checks:

### Rincon Valley Farmers & Artisans Market 591-2276

12500 E. Old Spanish Trail

Year-round: Saturdays, 8:00am-1:00pm

## Additional Food Programs



**Gospel Rescue Mission** 740-1501 Ext. 7033 or 7036  
338 W. 28th St, 85713

Food boxes, hygiene packages, baby supplies, pet food, and more  
Mon-Fri, 9:00am-11:30am and 1:00pm-4:00pm

**Market On the Move** 373-5256

Pay \$10 for up to 60 pounds of fresh produce. Distribution occurs on Wednesday and Saturday mornings at two Tucson locations. Visit <http://the3000club.org/wordpress/marketonthemove/> for the current schedule.

**Pio Decimo Center, Catholic Community Services** 622-2801

848 S. 7th Ave., 85701— use Family Services entrance, toward North side of building

Emergency food boxes and clothing; bring ID and proof of address.

Mon-Fri, 8:00am-12:00pm and 1:00pm-5:00pm

**P.O.W.W.O.W.** (Produce On Wheels—With Out Waste)

Pay \$10 for up to 60 pounds of fresh produce. Distribution occurs on Wednesday and Saturday mornings at various locations. Visit [www.borderlandsfoodbank.org](http://www.borderlandsfoodbank.org) for the weekly schedule.

**St. Vincent de Paul Society** 628-7837

Food, clothing, furniture, mattresses, appliances, and other items as often as necessary for free. Donated refrigerators and small stove tops also help make food last. Call to set up a home visit and needs assessment in order to receive these services.

**The Salvation Army Amphi Corps Community Center**

888-1299 218 E. Prince Rd., 85705

Food box distribution: Mon/Tues/Wed/Thurs, 9:00am-12:00pm

Frozen food distribution: Mon/Thurs, 10:30am

Family dinners: Thursdays, 5:30pm

**VA Hospital Homeless Clinic for Homeless Veterans (HCHV)**

792-1450 Ext. 1839 3601 S. 6<sup>th</sup> Ave, Building 90, 85713

Food boxes for homeless veterans; as well as showers, toiletries, clothing washers and dryers, and walk-in appointments with social workers. Must bring form DD214.

Mon-Fri, 8:00am-4:00pm

## Prepared Meals, By Day of the Week

Continued on next page

	SUN	MON	TUE	WED	THU	FRI	SAT
<p>Caridad Community Kitchen 845 N. Main (2nd St. and Main) Building faces north; go to west side Sack lunches: Thurs/Fri, 3:00pm</p>					yes	yes	
<p>Casa Maria Soup Kitchen 352 E. 25th St., 85719 Sack lunches: 7 days a week, 8:30am-11:30am (except Thanksgiving &amp; Christmas)</p>	yes	yes	yes	yes	yes	yes	yes
<p>Casa Paloma, Primavera Foundation (women only) Call 882-0820 for directions to location Breakfast &amp; Lunch: Mon-Wed and Fri, 8:00am-12:30pm</p>		yes	yes	yes		yes	
<p>Central City Assembly (Harvester) 939 S. 10th Ave. (10th Ave. and 19th St.) Breakfast: Tues/Wed/Thurs/Sat, 8:00am</p>		yes	yes	yes	yes		yes
<p>Desert View Church of God 1370 E. Prince Rd. (Prince and Mountain Ave.) Dinner: Saturdays, 4:00pm</p>							yes
<p>First Church of God 3355 N. Fontana Ave. (Ft. Lowell and Fontana) Dinner: Tues/Thurs, 4:00pm</p>			yes		yes		

## Prepared Meals, By Day of the Week

Continued from previous page

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Food Not Bombs (vegetarian)</b> On the south side of Congress St., at Scott Ave. Dinner: Mon/Wed, 7:00pm; Saturdays, 6:00pm		yes		yes			yes
<b>Holy Family Church</b> 338 W. University Blvd., 85703 (University and Main) Sack lunches: Sundays, 3:00pm; Mon/Tues/Wed, 4:00pm	yes	yes	yes	yes			
<b>Huff Ministries</b> 511 E. Speedway (near 3rd Ave.) Two-story gray house, food served in back yard Mon/Wed/Fri, 2:30pm-5:00pm (includes preaching)		yes		yes		yes	
<b>Life in Christ Community Church</b> 102 E. Palmdale St. (6th Ave. and Ajo) Sack lunches: Saturdays, 8:00am Dinner: Tues/Thurs, 6:00pm			yes		yes		yes
<b>Lighthouse Church</b> 2568 N. Palo Verde Ave., 85716 Dinner: Fridays, 5:30pm						yes	
<b>Living Faith Christian Center</b> 4108 E. North St. (near Grant and Alvernon) Dinner: Thursdays, 5:30pm					yes		



## Prepared Meals, By Day of the Week

Continued from previous page

	SUN	MON	TUE	WED	THU	FRI	SAT
Northminster Presbyterian Church 2450 E. Ft. Lowell (Ft. Lowell and Tucson Blvd.) Dinner: Mondays, 5:30pm		yes					
Saguaro Christian Church 8302 E. Broadway Blvd., 85710 Dinner: Wednesdays, 5:30pm				yes			
Southside Presbyterian Church 317 W. 23rd St., 85713 Breakfast: Mon/Fri, 7:00am-9:30am (showers also)		yes				yes	
St. Margaret Mary Catholic Church 801 N. Grande Ave. (3 blocks south of Speedway) Lunch: Thursdays, 10:30am					yes		
The Workshop Z Mansion, 288 N. Church Ave., 85701 Brunch: Sundays, 10:00am Also first aid, clothing, and a sack lunch	yes						
Trinity Presbyterian Church 400 E. University Blvd., 85705 Dinner: Thursdays, 5:30pm					yes		

## **Did You Know?**

### **Nutritional Considerations for People Living with HIV**

Poor nutritional status can weaken the immune system's functioning for anyone, so it becomes even more important for people living with HIV to get proper nutrition. Just like taking medications and visiting the doctor regularly, **eating healthy is an essential part of managing HIV**. It may help us live longer, ward off infections, and even help our medications work better.



What should you look for?

- ◆ Dark, deep and brightly colored fruits and vegetables like tomatoes, blueberries, broccoli and carrots—for phytochemicals and antioxidants
- ◆ A variety of protein foods, including seafood, lean meat, poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds
- ◆ Sweet potatoes, carrots, and red bell peppers—for Vitamin A—or foods labeled vitamin A fortified, like milk or cereal
- ◆ Spinach, kale, and broccoli—all are good sources of vitamin A, vitamin C, calcium, and potassium
- ◆ Whole grains (like steel-cut oats, whole wheat, and bulgur), lentils, and any type of bean—for dietary fiber, B vitamins, and plant-based protein
- ◆ Foods with anti-inflammatory properties, like omega-3 fatty acids found in salmon, tuna, mackerel, and walnuts

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Don't forget about food safety! **When the immune system is weakened, we become more vulnerable to different types of infections, including food-borne illnesses.**

What should you pay attention to?

- ◆ Around food and before eating, wash your hands well and often.
- ◆ Clean the lids of cans before opening them.
- ◆ Keep your cooking area and utensils clean and sanitized.
- ◆ Safer food choices include meat and seafood that is properly cooked rather than raw, milk and eggs that are pasteurized, and fresh fruits and vegetables that have been washed first.

# Internet Resources

## Local Food and Support Resources

**Community Food Bank of Southern Arizona**

[www.communityfoodbank.com/help](http://www.communityfoodbank.com/help)

**2-1-1 Community Information and Referral Services**

[www.211arizona.org](http://www.211arizona.org)

**Our Family Services**

[www.ourfamilyservices.org/needhelp.html](http://www.ourfamilyservices.org/needhelp.html)

## Local HIV Care and Support Resources

**Tucson Interfaith HIV/AIDS Network (TIHAN)**

[www.tihan.org](http://www.tihan.org)

**Southern Arizona AIDS Foundation (SAAF)**

[www.saaf.org](http://www.saaf.org)

**Southwest Center for HIV/AIDS (Phoenix, AZ)**

[www.swhiv.org](http://www.swhiv.org)

## Information about Nutrition and HIV

**USDA Food and Nutrition Information Center**

[fnic.nal.usda.gov/diet-and-disease/aidshiv](http://fnic.nal.usda.gov/diet-and-disease/aidshiv)

**Nutrition.gov**

[www.nutrition.gov/nutrition-and-health-issues/aidshiv](http://www.nutrition.gov/nutrition-and-health-issues/aidshiv)

**Tufts University School of Medicine**

[medicine.tufts.edu/Education/Academic-Departments/Clinical-Departments/Public-Health-and-Community-Medicine/Nutrition-and-Infection-Unit/Research/Nutrition-and-Health-Topics](http://medicine.tufts.edu/Education/Academic-Departments/Clinical-Departments/Public-Health-and-Community-Medicine/Nutrition-and-Infection-Unit/Research/Nutrition-and-Health-Topics)

**The Body, The Complete HIV/AIDS Resource**

[www.thebody.com/index/dietnut.html](http://www.thebody.com/index/dietnut.html)

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**This brochure of food resources was compiled by the volunteers and staff of the Tucson Interfaith HIV/AIDS Network, a coalition of individuals and faith communities helping people with HIV to live well.**

Our mission is to offer unconditional love and non-medical support to those living with HIV, as well as to their loved ones, while educating and activating our faith communities. All services are offered free of prejudice and proselytism.

TIHAN is the largest privately-funded provider of support for people living with HIV in the state of Arizona.

Nutritional support plays a key role in the health and wellbeing of people living with HIV, and it is one of the areas of focus for TIHAN. Our Poz Café program is the largest regular gathering place for people living with HIV in Southern Arizona, having served over 22,000 meals since the program began.

TIHAN is a privately-funded 501(c)(3) charity, dependent on caring individuals and businesses, congregations, grants, and special events, such as the annual Treasures for TIHAN auction. TIHAN receives no government funding, and relies on the efforts of amazing volunteers who give generously of their time and talents.

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**Tucson Interfaith HIV/AIDS Network**  
*Helping People with HIV to Live Well*

2660 North 1st Avenue  
Tucson, Arizona 85719  
520-299-6647

[www.tihan.org](http://www.tihan.org)  
[LinkVolunteer@tihan.org](mailto:LinkVolunteer@tihan.org)

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