



HAWAII MEALS ON WHEELS
Client Information Bulletin
April 2016



CANCELLING MEALS

You **MUST** call our office (988-6747) by 12:00 NOON THE DAY BEFORE if you need to have your meals cancelled. For Monday cancellations, please call us on the PREVIOUS Friday.

Your contributions enable us to continue serving nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

Our costs per meal average about \$11.80. This includes food costs and administrative costs, with an average about \$6.00 of this going to food preparation costs.

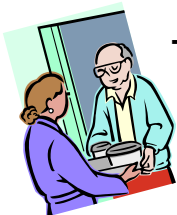
Our client contribution requests to you are \$5.00. This does not cover the average costs of meals.

HOLIDAY DELIVERY – Meals WILL be delivered on the following upcoming holidays:

Memorial Day – Monday, May 30, 2016
King Kamehameha I Day – Friday, June 10, 2016
Independence Day – Monday July 4, 2016

If you **RECEIVE** meals on these days and **DO NOT** want them delivered, **PLEASE** notify our office as soon as possible.

Annual Volunteer Luncheon on May 14, 2016



Tell your Family and Friends! WE WILL BE ASKING FOR YOUR KOKUA AGAIN TO MAKE A DONATION TO SUPPORT YOUR VOLUNTEERS!

Please write “Volunteer Luncheon” on the memo line on the lower left side of your check if you decide to make a monetary donation for the luncheon.



MAY IS OLDER AMERICANS MONTH! The following are organizations that provide services to assist older persons in leading independent, meaningful and dignified lives:

SENIOR HELPLINE – the Elderly Affairs Division of the City & County of Honolulu: 768-7700

UHELP (University of Hawaii Elder Law Program): 956-6544



BLAZE A TRAIL: MAY 2016

5 TIPS TO CURB YOUR SWEET TOOTH

BY: DASH HOLLAND, RD

We are often faced with many opportunities to indulge in sweet treats, however these can cause a rapid rise in blood sugar which is dangerous for people with diabetes. Since sweet foods release endorphins (which make us feel good), it's no wonder we often crave more! Research shows that nearly a quarter of the average American's daily diet comes from sweets like baked goods, desserts, soda and fruit juices. If you are trying to win the battle against your sweet tooth, try these tips!



1. Go Cold Turkey – Give up sweets for 4-5 days to help your taste buds crave less. This can be hard, however sticking with this has helped many people to reduce cravings and jump-start a lower sugar diet.



2. Grab Some Fruit – Keep fruit at home to have as a snack when craving hit. Berries are wonderfully sweet and are packed with vitamin C and antioxidants that offer a lot more nutrition than that piece of cake!



3. Combine Foods – If you crave chocolate, try combining some dark chocolate chips with almonds or granola. This is a great way to satisfy your craving while also getting the good nutrition from what you pair it with!



4. Eat Regularly – This keeps your blood sugar stable so your hunger cues don't kick in which cause cravings for those sugary and fatty foods. Start with a high protein breakfast and eat about every 4 hours throughout the day.



5. Balance Your Diet - Eating vegetables and whole grains with meals can help you feel fuller longer which helps blood sugar remain stable and could train your taste buds over time to crave less sugar! Remember to drink plenty of water between meals – sometimes dehydration increases sugar cravings.
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