



**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
December 2015



**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.

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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 average cost per meal is \$12.10 to have each meal produced and delivered. This is the amount needed to insure that you have hot, healthy home-delivered meals.

Our client contribution requests to you are \$5.00. Please kokua if you can!

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

Christmas Day – Friday, December 25, 2015  
New Year's Day – Friday, January 1, 2016  
Dr. Martin Luther King Jr. Day – Monday, January 18, 2016  
Presidents' Day – Monday, February 15, 2016

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

- Dinner meals delivered on Christmas Day (December 25<sup>th</sup>) and New Year's Eve (December 31<sup>st</sup>) will be delivered during lunch time. •

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**Two ways to help Hawai'i Meals on Wheels**

Please ask family and friends to remember us through:



Aloha United Way (AUW) 70190



Combined Federal Campaign (CFC) 48796

# NUTRITION TIPS DURING THE HOLIDAYS

By: Dash Holland, RD



The holidays are a great time to spend with friends & family! Stay on track with your nutrition goals with these tips!



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**MAINTAIN A HEART HEALTHY DIET** by starting the day with oatmeal which can lower cholesterol and add some beneficial fiber to your diet. Starting the day with breakfast can help you make better food choices throughout the day; especially before a holiday party!

- Fill half of your plate with potassium-rich vegetables such as steamed spinach, squash and potatoes. These foods can help reduce blood pressure by increasing blood flow throughout the body.
- Limit variety of food to 3 items on your plate – having a greater variety of food can stimulate appetite likely causing over-eating.
- Eat fish (like salmon) with meals at least 2 times per week which are rich with heart healthy omega-3 fatty acids and low in saturated fats.

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**STRUGGLING WITH RECENT WEIGHT LOSS?** The holiday season is a great time to re-gain needed weight. Focus on high protein foods such as chicken, fish, beef and eggs at each meal. Getting enough protein throughout the day maintains lean body mass which is necessary for maintaining health as we age.

Other tips to help with weight re-gain:

- Eat snacks between meals like walnuts, brie cheese or peanut butter and crackers, edamame dip or yogurt.
- Try Casseroles – they are usually higher in calories and contain a variety of foods to help meet nutrient goals.
- Drink 100% fruit juice or Smoothies – liquids are often easier to consume when you have no appetite. Plus, they usually don't fill you up the same as solid foods!
- Try eggnog this holiday season – it is packed with 220 calories per cup!



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**DID YOU KNOW** laughter can be heart healthy? Studies have shown that laughter can dilate blood vessels by ~20% and reduce blood pressure!

Happy Holidays!!