



HAWAI'I MEALS ON WHEELS

Client Information Bulletin

December 2016



CANCELLING MEALS

You **MUST** call our office (988-6747) by **12:00 NOON THE DAY BEFORE** in order to cancel your meals. 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 \$13.00. This includes food costs and administrative costs, with an average of \$6.00 going to food preparation costs.

Our client contribution requests are \$5.00 per meal.

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

Christmas Day – Monday, December 26, 2016 (Observed Holiday)

New Year's Day – January 2, 2017 (Observed Holiday)

Dr. Martin Luther King Jr. Day – Monday, January 16, 2017

President's Day – Monday, February 20, 2017

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 the observed Christmas Day holiday (December 26th) 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 DURING THE HOLIDAYS

BY: DASH HOLLAND, RD



December is known as the most wonderful time of year; however it can also be a stressful time by disrupting usual routines with families staying over, meals to cook and special diets being easily ignored. Proper nutrition is especially important for seniors during this busy time of year.

Here are some tips to remember that can help seniors stay healthy and reduce stress.

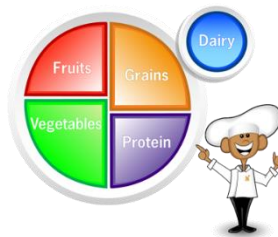


Stay Hydrated

Seniors are at greater risk for dehydration with age because sense of thirst usually declines over time. Keep a water bottle handy and set daily goals to make sure you or your loved ones are getting enough.

Remember Special Diets

With all the holiday meals and special treats, it's easy to forget about or ignore dietary restrictions. Keep healthy snacks around and don't over indulge in foods that may hinder your health during this special time of year.



Package Leftovers Safely for Seniors

Food safety is more important over the age of 65 as immune systems become weaker. Packaging leftovers after large family meals is a great way to reduce food waste and have an easy meal for later. Remember the 2:4 rule: refrigerate leftovers within 2 hours of cooking and eat within 4 days.



Healthy Holiday Tips

- Skip dark meat poultry, eat white meat instead to reduce fat by half.
- Roast a pork loin instead of ham to cut down on sodium.
- Skip white flour rolls and eat whole wheat instead for fiber.
- Have roasted or sautéed vegetables instead of casseroles to reduce fat and sodium.
- Sweet potatoes provide more nutrients including antioxidants.
- Opt for fresh fruit desserts like tarts or roasted cinnamon apples.