



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



**NATIONAL  
ICE CREAM  
DAY**  
— July 19 —

**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 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!

---

---

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

Independence Day – Friday July 3, 2015  
Statehood Day – Friday, August 21, 2015  
Labor Day – Monday, September 7, 2015

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

---

---

**Three 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**



Now there is another way you can donate to Hawai'i Meals on Wheels. When you shop at AmazonSmile, a percentage of your purchases can be designated for Hawai'i Meals on Wheels. It's easy. Simply go to the AmazonSmile website at [smile.amazon.com](http://smile.amazon.com) on your computer or mobile device, then select Hawai'i Meals on Wheels as your charity. There are thousands of items to buy. When you're ready to check out, the AmazonSmile Foundation will donate 0.5% of your eligible AmazonSmile purchases. The purchase price does not include shipping, taxes, or service charges. Everyone's contributions can easily add up to meals for those who are homebound. Mahalo!

# Dietary Approaches To Stop Hypertension

By: Dash Holland  
Sodexo Dietetic Intern



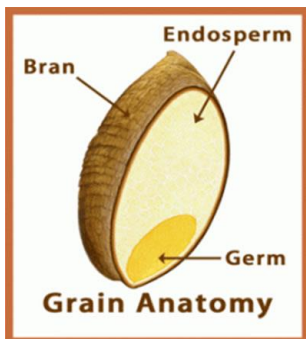
High blood pressure can cause heart damage, stroke, kidney damage & even memory loss if left untreated. The DASH diet is a way of treating high blood pressure with a scientifically proven diet!

- High in Whole Grains
- Adequate in Calcium and Magnesium
- High in Potassium & Low in Sodium
- Low in Fatty Meat
- Low in Sugar Sweetened Beverages
- Low in Saturated Fat, Trans Fat and Cholesterol



Low fat **DAIRY** foods are high in calcium and the most readily available source. The American Heart Association states that increasing calcium in the diet may lower blood pressure in salt sensitive people. Other foods high in calcium include Tofu, Fortified Orange Juice, Soy Milk and Fortified Cereals.

**FRUITS** and **VEGETABLES** are excellent sources of Potassium. This important mineral is supported by strong evidence to reduce blood pressure by helping the kidneys reduce blood volume. Combine high potassium foods with a diet low in Sodium to see these benefits. High potassium foods include Avocado, Dried Apricot, Bananas, Potatoes and Tomato Sauce.



**WHOLE GRAINS** provide Magnesium which can help lower blood pressure. Whole grains are also higher in fiber which can help lower “bad” LDL cholesterol - this could help reduce the amount of plaque collecting on arterial walls. By having less build-up, blood vessels can expand allowing blood to flow easier which reduces blood pressure and reduces risk for heart disease. Good sources of whole grains include Oatmeal, Whole Grain Bread, Brown Rice, Barley and Quinoa.