



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
June 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 \$13.00. 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:

King Kamehameha I Day – Friday, June 10, 2016

Independence Day – Monday, July 4, 2016

Statehood Day – Friday, August 19, 2016

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

Disaster Preparedness for Seniors

With another hurricane season beginning this month, here are a few common sense measures you can take to prepare for an emergency before it happens:

Create a network of neighbors, relatives, and/or friends to aid you in an emergency. If you anticipate needing assistance during a disaster, talk to your family, friends and others who will be a part of your personal support network. Make sure everyone knows how you plan to evacuate your home and where you will go in case of a disaster. Make sure that someone in your network has an extra key to your home and knows where you keep emergency supplies.

If you take medicine on a daily basis, be sure you have enough of what you need to make it on your own for at least a week. Keep written copies of all of your prescriptions, over-the-counter medications and orders for medical equipment, including dosage, treatment and allergy info in an emergency kit. Also consider keeping electronic copies of this information on a flash drive. This could be useful for others even if you don't use a computer often. If you are able to obtain an emergency supply of prescription medications or consumable medical supplies, be sure to establish a plan for rotating your supply so it's up-to-date.

POWER UP WITH BREAKFAST

BY: DASH HOLLAND, RD

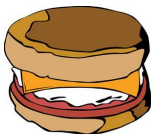
Breakfast gives you the energy to start your day. A healthy breakfast is important for everyone and is a great way to help meet your nutritional needs.

Studies show that eating a healthy breakfast can improve concentration, provide additional strength and endurance in physical activity and lower cholesterol levels.



- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.

- Layer yogurt with your favorite cereal and blueberries.
- Blend a breakfast smoothie with milk, frozen strawberries and a banana.
- Microwave oatmeal with milk. Mix in ¼ cup applesauce and sprinkle with cinnamon.



- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread cream cheese on a whole-grain toasted bagel.
- Toasted whole grain English muffin with ham, cheese and egg.

If your taste buds just don't crave breakfast, try these:

- Peanut butter and banana sandwich on whole-grain bread
 - Leftover veggie pizza
 - Deli turkey, a slice of cheese and lettuce wrapped in a tortilla
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Breakfast Parfait:

¾ cup wheat cereal
¼ cup 100% bran cereal
2 tsp toasted sunflower seeds
2 tsp toasted almonds
1 tbsp raisins
½ cup bananas, sliced
1 cup strawberries
1 cup yogurt

Mix the wheat cereal, bran, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and strawberries. Gently stir in yogurt and divide into 2 bowls.

Nutrition Information per serving:

Calories: 350
Fat: 6g
Saturated fat: 1g
Carbohydrate: 69g
Sodium 270mg
Fiber 8g