



HAWAI'I MEALS ON WHEELS

Client Information Bulletin
September 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.

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:

Labor Day – Monday, September 7, 2015
Columbus Day – Monday, October 12, 2015
Veterans Day – Wednesday, November 11, 2015
Thanksgiving – Thursday, November 26, 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**



Foodland's Give Aloha campaign takes place THIS month. Throughout the month of September, Foodland members can make donations of up to \$249 to Hawai'i Meals on Wheels at any Foodland or Sack-n-Save location during checkout. Foodland and the Western Union Foundation will match all customers' donations dollar for dollar. Our nonprofit's designation number is **77345**. Everyone's contributions can add up to meals for those who are homebound. Mahalo!

FOOD SAFETY TIPS

- Wash hands for 20 seconds.
- Soak fresh fruit and vegetables for 2 minutes. Rinse well.
- Refrigerate fresh produce within 2 hours after cutting or peeling.
- Use a clean cutting board dedicated to Fresh Fruits & Vegetables.
- Dedicate a cutting board for RAW meats.
- Keep food below 40° and above 140° F.
- **REHEAT** Leftover food to 165°F.

Food Safety Home



Remember to eat your fresh hot meal within 2 hours after delivery to reduce the risk of food borne illness

People over 65 are at higher risk of getting food borne illness for several reasons:

- **Immune System Weakens**
- **Stomach Acid that Kills Bacteria Decreases with Age**
- **Chronic Diseases such as Diabetes & Cancer Treatments can affect the way we fight illnesses**

How Long Before Symptoms Begin?

- **Not always caused by the last meal.**
- **Usually food borne illness takes 1-3 days to cause symptoms.**

If you feel symptoms of Nausea, Vomiting, Diarrhea or even Flu-Like symptoms, call your doctor!

Did you know?

- **Bacteria can double every 20 minutes at room temperature!**
- **Don't thaw food at room temperature (on the counter). Thaw food in the refrigerator 1 day in advance OR thaw under running cold water.**