



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

HAWAI'I MEALS ON WHEELS
Client Information Bulletin
July 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:

Independence Day – Monday, July 4, 2016
Statehood Day – Friday, August 19, 2016
Labor Day – Monday, September 5, 2016

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 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!

NUTRITION & CANCER

BY: DASH HOLLAND, RD



Do you or someone you know going through cancer treatments? Loss of appetite, taste changes and fatigue can all contribute to poor nutrition making treatments and everyday life more difficult.

MEAL PLANNING

- Eat 5-6 small meals per day. Each meal should have some protein:
 - Breakfast: 6 oz. Greek yogurt with 1 cup berries
 - Snack: Toast with peanut butter
 - Lunch: Tuna sandwich with lettuce & tomato, apple and milk
 - Snack: Smoothie with milk or milkshake
 - Dinner: Soup (1 cup), 3-4 oz baked chicken with ½ cup starch and steamed vegetables

**Healing
through
Nutrition**

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- **Tips for poor appetite:**
 - Reduce stress at meal times, create a pleasant atmosphere
 - Eat by the clock rather than waiting for an appetite
 - View eating as part of treatment
 - Light physical activity can stimulate appetite
 - **Taste Changes**
 - Clean mouth with 1 tsp baking soda, 1 tsp salt mixed into 4 oz water
 - Use plastic utensils
 - Add lemon, lime or berries to water to improve taste
 - Eat more for breakfast –usually less taste changes in the morning
 - Eat cold foods (fruits, smoothies, sandwiches)
 - Tart, pickled or vinegar foods for flavor
 - If foods taste sweet, add sour or bitter flavors
 - Marinate meats in teriyaki or dressing made with citrus
 - **Fatigue**
 - Keep non-perishable snacks within reach
 - Eat soft, easy to chew foods
 - Ask your doctor to check if your anemic

Prevention and Survivorship

Maintain healthy weight

Plant based diet of > 1/2 plate fruits & vegetables

< 18 oz red meat per week

Limit processed meats

Eat nuts, seeds, fish

Limit added sugars

Low sodium diet

< 2 Alcoholic drinks per day

~150 min Physical

Activity per week