



**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
February 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.

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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 \$11.80. This includes food costs and administrative costs, with an average of \$6.50 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.

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

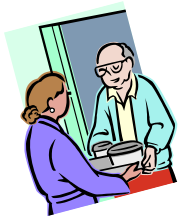
Presidents' Day – Monday, February 15, 2016  
Good Friday & Prince Kuhio Day – Friday, March 25, 2016

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

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**Annual Volunteer Luncheon on May 14, 2016**



Tell your Family and Friends! **WE WILL BE ASKING FOR YOUR KOKUA AGAIN TO MAKE A DONATION TO SUPPORT YOUR VOLUNTEERS.** Please write "Volunteer Luncheon" on the memo line on the lower left side of your check if you decide to make a monetary donation for the luncheon.

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**Happy**  
*Chinese New Year*  
**2016**



# FEBRUARY IS HEART MONTH!

BY: DASH HOLLAND, RD



This is American Heart Month! Take this time to better know your blood pressure and begin new strategies to keep it under control. High blood pressure is the leading cause of heart disease and stroke. It is often undetected with no symptoms, so the best way to keep it under control is to check regularly. Nutrition is an important part of controlling blood pressure, here are a few tips!

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## DIETARY APPROACHES TO STOP HYPERTENSION

- Focus on Low Sodium Foods
  - Avoid processed meats high in sodium such as canned meats, soups and vegetables –Look for “Low Sodium” varieties instead.
  - Limit cheese to 1 oz. per day or try swiss cheese which is naturally low in sodium.
  - Avoid frozen packaged foods unless they are less than 400mg/ serving.
  - Avoid salty snacks (ex. nuts, chips, pretzels) and look for lower sodium alternatives such as lightly salted or baked
- Increase Whole Grains
  - Switch to brown rice, wheat bread, whole wheat pasta, quinoa, barley
  - Include oatmeal or whole grain cereals for breakfast
- Eat and Drink 2-3 servings Low Fat Dairy every day
  - Drink 1 cup non-fat or low fat milk
  - Eat low fat yogurt
  - Can substitute Soy Milk or other milk alternative fortified with calcium
- Eat Fruits & Vegetables
  - Eat as many different fruits and vegetables throughout the day
    - Goal: 4-5 servings each (ex. small apple or handful steamed vegetables = 1 serving)
- Lean Meats
  - Avoid high fat meats such as bacon, hot dogs, marbled steak and regular ground beef.
  - Eat chicken, fish, lean red meat
- Eat “Healthier” Fats:
  - Olive Oil, Coconut Oil, Avocado, Nuts & Seeds
- Sweets
  - Limit to 5 small servings per week

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In addition to promoting healthy blood pressure and cholesterol, the **DASH** diet supports healthy weight loss, and long-term adherence is associated with lower risk of stroke, heart failure, and osteoporosis, several types of cancer, and lower risk of kidney stones. New research shows reduced risk of developing type 2 diabetes and some types of breast cancers. [dashdiet.org](http://dashdiet.org)

