



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
January 2016



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 \$13.00. 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.

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

Dr. Martin Luther King Jr. Day – Monday, January 18, 2016
Presidents' Day – Monday, February 15, 2016
Prince Kuhio Day – Wednesday, March 25, 2016

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

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.



NEW YEAR, NEW GOALS!

BY: DASH HOLLAND, RD



Have you set a nutrition goal for the new year? If so, you are 1 of 49% of Americans making a resolution this for the New Year. Improve your chances of meeting your goal using this trick!

START BY KEEPING A FOOD LOG

- Recent studies show that keeping a daily food log increases a person's chance of reaching their **goals**.
- Daily recording empowers a person to change behaviors **by monitoring commonly eaten foods** and continue to improve to reach their goals.
- People who keep a journal are usually **more confident** about making diet changes than people who don't.
- Internet and Phone Apps provide instant feedback and usually have a database of 100,000+ foods to choose from making it **very easy** to find foods you eat! Traditional paper journals have also been shown to be just as effective.



DON'T FORGET...SET SMART GOALS!

- **Specific:** Define your goal. What do you want to achieve?
- **Measurable:** Keep a journal to see how often you are helping to meet your goal.
- **Attainable:** Does this goal help you achieve your long term goals?
- **Realistic:** Can you reasonable achieve the goal or should you start with a smaller goal first?
- **Timely:** Set a deadline to reach your goal in a short amount of time. If it requires too much time to reach a goal, consider breaking the goal into smaller pieces.

*S.M.A.R.T. Goal Example:
"I will eat at least 3 vegetables and 2 fruits 5 days per week to help me eat a balanced diet. I will record my progress on a calendar to see if I reach my goal."*

