



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
November 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:

Veterans Day – Wednesday, November 11, 2015

Thanksgiving – Thursday, November 26, 2015

Christmas Day – Friday, December 25, 2015

New Year's Day – Friday, January 1, 2016

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

- Dinner meals delivered on Thanksgiving Day (November 26th), Christmas Day (December 25th) and New Year's Eve (December 31st) will be delivered during lunch time. •
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Two 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**

Fall Time Favorites!

By: Dash Holland, Registered Dietitian

The fall season provides a variety of healthful foods. This Thanksgiving, try adding a few of these fall favorites to your meal!



Buying vegetables locally (or as close as possible) not only guarantees they're at the peak of freshness, but are also likely to contain more vitamins and minerals. When food is shipped over longer distances, they tend to lose quality or they may have been harvested before their prime lacking the usual amount of nutrients.

Take advantage of these foods while they're available (*and probably cheaper too!*)

Sweet Potatoes or Yams: Steamed, roasted or baked are the best cooking methods to preserve the vitamin C present in vegetables. Sweet potatoes also offer an abundance of antioxidants such as beta-carotene, lutein, and zeaxanthin.

Looking for a new recipe? Try Ma



INGREDIENTS:	Preheat to 350°
2 tablespoons maple syrup	Mix first 7 ingredients together and toss with potatoes.
2 tablespoons brown sugar	Spread onto baking sheet and roast 45-60 minutes turning every 15 minutes.
2 tablespoons unsalted butter	
2 tablespoons olive oil	
1 tsp salt	
1/2 tsp cinnamon	
Pinch of cayenne pepper	
4 lbs Sweet potatoes cubed	
Zest of 3 limes	

Recipe Courtesy of Eatingwell.com and SERVE.

Cruciferous Vegetables: Cabbage, brussels sprouts, broccoli and cauliflower are all good sources of Vitamin C, Potassium and Fiber. They may also reduce risk for certain types of cancer by helping to eliminate carcinogens from the body before they can do their damage. Steaming and roasting retain the most amount of nutrients. Steaming provides optimal bright color whereas roasting can bring out sweeter flavors in the vegetables.

Pears: European pears usually grow on the west coast during fall. They are high in soluble fiber – the type that can lower cholesterol! This fall fruit is also high in vitamin C which can help keep your immune system strong during the dreaded cold & flu season. Try adding sliced pears to a salad, as a snack or try a wonderful Pear Cobbler for dessert!