



Par Hawaii, formerly known as Tesoro Hawaii, celebrated the grand opening of its new HELE gas stations on August 20, 2016. Par Hawaii has been a strong supporter of our meal delivery program and the company is continuing its commitment by encouraging everyone to donate to Hawaii Meals on Wheels.

Par Hawaii will continue to match the amount that Hawaii Meals on Wheels receives, dollar for dollar, up to \$5,000. It will be like doubling your donation! That means Hawai'i Meals on Wheels could potentially receive \$10,000 that can be used to deliver more meals to those who are homebound!

You can still help us:

Visit <http://www.firstgiving.com/fundraiser/hmow/HMOWandHELE> to make a donation, then let your friends and family know about it so that they can make an online donation too. We have a month so be sure to make your online donation before September 20, 2016.

STAY COOL WITH SMOOTHIES

BY: DASH HOLLAND, RD

In the heat of summer, a refreshing smoothie can cool us down and provide a variety of nutrients to improve health. Smoothies help with hydration which can be more difficult as we age. Along with beneficial nutrients to help healing, smoothies can also provide extra calories when appetite is poor.

Try a new recipe today! Need more protein? Add a scoop of protein powder!



STRAWBERRY BANANA WITH MILK

- 2 cups frozen strawberries
- 1 banana
- 1 cup milk (whole, soy or almond)
- 1 cup ice
- 1 tbsp honey

Avocado Blueberry Smoothie:



- 1 cup frozen blueberries
- ½ avocado
- 1 banana
- ½ cup orange juice
- 1 cup water
- 1 cup ice

Dairy-Free Mango:



- 1 banana
- 1 cup mango
- 1 cup soy milk (or almond, coconut)
- 2 tbsp non-dairy protein powder
- ½ cup apple juice
- 1 cup ice cubes

Benefits of Fruit

- Provides essential nutrients: potassium, dietary fiber, vitamin C and folate.
- Potassium can help control blood pressure.
- Dietary fiber reduces risk for heart disease and helps digestion.
- Vitamin C helps repair body tissues.
- Provide antioxidants that support the immune system.
- Good source of natural sugar to boost energy.