



**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
April 2017



**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 the homebound elderly and disabled.

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.

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

Good Friday – Friday, April 14, 2017  
Memorial Day – Monday, May 29, 2017  
King Kamehameha I Day – Monday, June 12, 2017

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 April 8, 2017**



**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.**



**MAY IS OLDER AMERICANS MONTH!** The following are organizations that provide services to assist older persons in leading independent, meaningful and dignified lives:

**SENIOR HELPLINE – the Elderly Affairs Division of the City & County of Honolulu: 768-7700**

**UHELP (University of Hawaii Elder Law Program): 956-6544**



**AGE OUT LOUD: MAY 2017**

# ANTI-INFLAMMATORY FOODS

By: Dash Holland, RD

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**Do you have arthritis, cardiovascular disease, high blood pressure or just desire overall good health? Eating foods that decrease inflammation may help!**

Plant-based foods contain phytochemicals (natural chemicals) that can reduce inflammation. Dark leafy vegetables are a great source of these! Try: Spinach, Kale or Broccoli



Minimize saturated fats typically found in processed meats (canned meats, hot dogs, bacon). Eat lower fat dairy products Try: Lean Beef, Chicken, Turkey, Pork loin, Part skim mozzarella



Eat foods high in Omega 3 fatty acids. These can counteract other pro-inflammatory foods. Try: Salmon, Tuna, Oysters, Walnuts or Fish Oil Supplements



Add spices for flavor! Many contain natural chemicals that reduce inflammation. Try: Turmeric, Ginger, Cinnamon, Garlic, Cayenne, Black Pepper



Minimize refined grains when possible like pasta, white bread and white rice. Try: Brown Rice, Whole Wheat Pasta, Quinoa or Barley