



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
July 2017



**NATIONAL
ICE CREAM
DAY**
— July 19 —

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 voluntary 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 voluntary 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:

- Independence Day – Tuesday, July 4, 2017
- Statehood Day – Friday, August 18, 2017
- Labor Day – Monday, September 4, 2017

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

Three 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**



When you shop at AmazonSmile, a percentage of your purchases can be designated for Hawai'i Meals on Wheels. It's easy. Simply go to the AmazonSmile website at smile.amazon.com on your computer or mobile device, then select Hawai'i Meals on Wheels as your charity. When you're ready to check out, the AmazonSmile Foundation will donate 0.5% of your eligible AmazonSmile purchases. The purchase price does not include shipping, taxes, or service charges. Everyone's contributions can easily add up to meals for those who are homebound. Mahalo!

Dietary Approaches To Stop Hypertension

By: Dash Holland, RD



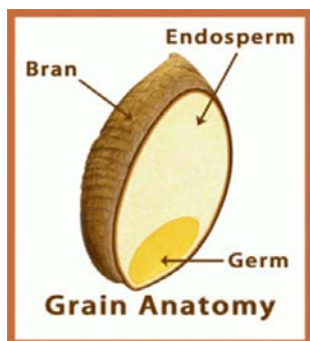
High blood pressure can cause heart damage, stroke, kidney damage & even memory loss if left untreated. The DASH diet is a way of treating high blood pressure with a scientifically proven diet!

- High in Whole Grains
- Adequate in Calcium and Magnesium
- High in Potassium & Low in Sodium
- Low in Fatty Meat
- Low in Sugar Sweetened Beverages
- Low in Saturated Fat, Trans Fat and Cholesterol



Low fat **DAIRY** foods are high in calcium and the most readily available source. The American Heart Association states that increasing calcium in the diet may lower blood pressure in salt sensitive people. Other foods high in calcium include Tofu, Fortified Orange Juice, Soy Milk and Fortified Cereals.

FRUITS and **VEGETABLES** are excellent sources of Potassium. This important mineral is supported by strong evidence to reduce blood pressure by helping the kidneys reduce blood volume. Combine high potassium foods with a diet low in Sodium to see these benefits. High potassium foods include Avocado, Dried Apricot, Bananas, Potatoes and Tomato Sauce.



WHOLE GRAINS provide Magnesium which can help lower blood pressure. Whole grains are also higher in fiber which can help lower “bad” LDL cholesterol - this could help reduce the amount of plaque collecting on arterial walls. By having less build-up, blood vessels can expand allowing blood to flow easier which reduces blood pressure and reduces risk for heart disease. Good sources of whole grains include Oatmeal, Whole Grain Bread, Brown Rice, Barley and Quinoa.