



HAWAI'I MEALS ON WHEELS

Client Information Bulletin

September 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.

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.

You can now make your meal contribution online at hmow.org/donations/meal-contribution
Save paper! Get your client bulletin by email. Send request to hmow@hmow.org

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

- Labor Day – Monday, September 4, 2017
- Columbus Day – Monday, October 9, 2017
- Veteran’s Day – Friday, November 10, 2017
- Thanksgiving – Thursday, November 23, 2017

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

Two more ways to help Hawai‘i Meals on Wheels

Please ask family and friends to remember us through:



Aloha United Way (AUW) **70190**



Foodland’s Give Aloha campaign takes place throughout the month of September. During checkout, Foodland shoppers can make donations of up to \$249 to Hawai‘i Meals on Wheels at any Foodland or Sack-n-Save location. Foodland and the Western Union Foundation will match all Maika‘i card member’s donations dollar for dollar. Our nonprofit’s designation number is **77345**. Everyone’s contributions can add up to meals for those who are homebound. Mahalo!

NEW FOOD LABELS ARE COMING!

BY: DASH HOLLAND, RD

The FDA has announced that food manufacturers will need to change their food labels to meet new standards by July 26th, 2018. You may have started to see them hitting the shelves in recent months making nutrition information easier to find.

SERVING SIZES

Serving size and servings per container are now in larger font making them stand out more. Serving sizes have also been updated to reflect actual portions eaten today. Smaller packages typically eaten in one sitting are now required to show the nutrition information for the entire package (ex. instant ramen packages used to show calorie/nutrition information for only ½ of the package – this is no longer allowed). Servings per container are now required on packaging and may often show nutrition information for 1 serving AND for the entire package making it easier to understand.

CALORIES

Calories are now in larger and bolder type and calories from fat have been removed. Research shows the type of fat consumed is more important than the amount.

% DAILY VALUES

The daily values for nutrients have been updated to reflect the recently released new goals for adults based on a 2,000 calorie diet. Generally, 5% Daily Value or less of a nutrient per serving is low and 20% Daily Value or more of a nutrient per serving is high.

CHOOSE NUTRIENTS WISELY

Added sugars, vitamin D and potassium are now required to be printed on the package. Vitamins A and C are no longer required since deficiencies in these are rare today. **Nutrients to get less of:** Saturated Fat, Trans Fat, Sodium, and Added Sugars since these have been shown to increase risk of developing high blood pressure and cardiovascular disease. **Nutrients to get more of:** Fiber, Vitamin D, Calcium, Iron and Potassium (unless you are on a special diet that limits these). Most Americans do not get the recommended amount of these nutrients. Diets high in these nutrients can decrease the risk of developing diseases such as high blood pressure, heart disease, osteoporosis and anemia. For more information, visit www.fda.gov.

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.