



## HAWAI'I MEALS ON WHEELS

Client Information Bulletin

December 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 voluntary contributions enable us to continue serving nutritious meals to the homebound elderly and disabled.

Our costs per meal average is \$16.00. This includes food, delivery, and program administration costs with an average of \$6.50 of this going to food preparation.

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](http://hmow.org/donations/meal-contribution)  
Save paper! Get your client bulletin by email. Send request to [hmow@hmow.org](mailto:hmow@hmow.org)

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

Christmas Day – Monday, December 25, 2017  
New Year's Day – Monday, January 1, 2018  
Dr. Martin Luther King Jr. Day – Monday, January 15, 2018  
President's Day – Monday, February 19, 2018

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 Christmas Day (December 25<sup>rd</sup>) and on New Year's Day (January 1<sup>st</sup>) will be delivered during LUNCH time. •
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Aloha United Way recently announced that the Aloha United Way 211 information and referral line is now the primary point of entry for the Supplemental Nutrition Assistance Program (SNAP) program statewide. Please contact AUW211 for SNAP-related services.

AUW211 specialists can assist you with the following:

- Answer questions about SNAP eligibility;
- Complete a personalized pre-screening with applicants to begin the application process;
- Refer SNAP applicants directly to a key provider on their island who walks applicants through every step of the application process until it's complete and ready to submit; and



- Follow up with SNAP applicants they personally assisted to find out if they were approved for benefits and to assist further if needed.

To speak with a specialist: Dial 2-1-1. Mon – Fri, 7:00 am – 5:00 pm

For live chat, text, or email: Connect through [www.auw211.org](http://www.auw211.org). Mon – Fri, 7:00 am – 5:00 pm

To browse the 211 database: Connect through [www.auw211.org](http://www.auw211.org). Anytime (365/24/7).

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# NUTRIENT DENSE HOLIDAY FOODS

By: Dash Corpe, RD

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The holidays are a great time to spend with friends & family! Take advantage of nutrient dense holiday foods to keep you strong through the holidays!

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Splurging on sweet treats during the holidays is common, but remember to also splurge on foods that provide protein, vitamins and minerals that can keep your health intact too.



- **TURKEY AND CHICKEN** provide B-vitamins, selenium and zinc which are great immune system boosters during the cold and flu season. Eat at least a palm-sized amount with meals since most people >65 need more protein in their diet to stay strong.
- Fill half of your plate with **POTASSIUM-RICH VEGETABLES** such as steamed spinach, squash, potatoes. These foods can help reduce blood pressure by increasing blood flow throughout the body.

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Increase the nutrients in your foods with these meal prep tips:

- **SWEET POTATOES** have twice as much fiber as white potatoes. When preparing sweet potatoes, leave the skin on (remove any blemishes and wash) and either roast, steam or microwave them to retain more nutrients. Boiling removes most water-soluble nutrients. Serve with a drizzle of olive oil because the fat will help with nutrient absorption during digestion. Vitamin A for eye health and beta-carotene (antioxidant) are the two biggest nutrients.
- **COOKED TOMATOES** offer a bigger health benefit over raw. Cooking for 30 minutes can increase the Lycopene content by 164%! Lycopene is what gives tomatoes their red color and is responsible for protecting your body from heart disease, cancer (such as prostate) and protecting your cells from damage. Include roasted tomatoes to your holiday meal for a sweet treat with added health benefits.

