



HAWAI'I MEALS ON WHEELS

Client Information Bulletin

November 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 \$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
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:

Veterans Day – Friday, November 10, 2017
Thanksgiving – Thursday, November 23, 2017
Christmas Day – Monday, December 25, 2017
New Year's Day – Monday, January 1, 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 Thanksgiving Day (November 23rd) and on Christmas Day (December 25th) will be delivered during LUNCH time. •
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Two 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**

Fall Time Favorites!

By: Dashed Corpe, Registered Dietitian

The fall season provides a variety of healthful foods. This Thanksgiving, try adding a few of these fall favorites to your meal!

Buying vegetables locally (or as close as possible) not only guarantees they're at the peak of freshness, but are also likely to contain more vitamins and minerals. When food is shipped over longer distances, they tend to lose quality. They may have been harvested before their prime and lack the usual amount of nutrients.

Take advantage of these foods while they're available (and probably cheaper too!)

Sweet Potatoes or Yams: Steaming, roasting or baking are the best cooking methods to preserve the vitamin C present in this vegetable. Sweet potatoes also offer an abundance of antioxidants such as beta-carotene, lutein and zeaxanthin, which aid in eye health.

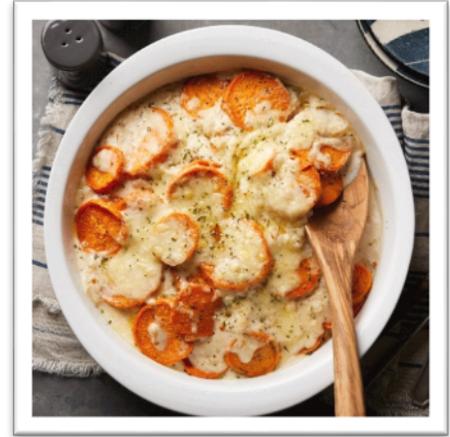
Looking for a new recipe? Try Scalloped Sweet Potatoes

INGREDIENTS:

- 2 1/2 lb sweet potatoes sliced 1/4" thick
- 3 tbsp olive oil
- 1 small onion, finely chopped
- 3 tbsp flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 1/2 cups low-fat milk
- 1 cup shredded Gruyere cheese
- 2 tsp chopped, fresh rosemary

DIRECTIONS:

Preheat oven to 425°. Toss sweet potatoes with 1 tbsp olive oil and divide into 2 baking sheets – spread into a single layer. Roast for 20-25 minutes. Meanwhile, heat 2 tbsp olive oil in a hot pan and cook onions until golden brown. Add flour, salt and pepper – stir for 1 minute and then add milk. Simmer until sauce thickens (3-5 minutes). Place 1/2 roasted potatoes into baking dish and spread 1/2 sauce and 1/2 grated cheese over potatoes. Repeat with remaining potatoes. Place baking dish (uncovered) under broiler until cheese begins to brown. Remove and top with rosemary. Enjoy!



Recipe Courtesy of Eatingwell.com

Brussels Sprouts & Cabbage: These are part of the cruciferous family of vegetables and are a good source of vitamin C, K and fiber. In addition, these vegetables contain a group of substances known as glucosinolates, which are sulfur-containing chemicals responsible for the pungent aroma and bitter flavor. These have been found to inhibit the development of cancer in several organs (studied in mice) – bladder, breast, colon, liver, lung and stomach. They do this by protecting cells from DNA damage, inactivating carcinogens, and reducing inflammation. Roasting brussels sprouts is the best cooking method to retain their nutrients and bring out their natural sweetness.

Pears: European pears usually grow on the West Coast during fall. They are high in soluble fiber – the type that can lower cholesterol! This fall fruit is also high in vitamin C, which can help keep your immune system strong during the dreaded cold & flu season. Try adding sliced pears to a salad, eating them as a snack or making a Pear Cobbler for dessert!