



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
February 2018



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 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.

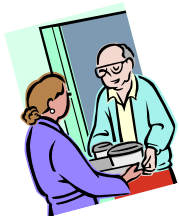
You can now make your meal contribution online at hmow.org/donations/meal-contribution
Save paper! Get your client bulletin by email. Send request to hmow@hmow.org

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

Presidents' Day – Monday, February 19, 2018
Prince Jonah Kuhio Kalaniana'ole Day – Monday, March 26, 2018
Good Friday – Friday, March 30, 2018

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

Annual Volunteer Luncheon on April 7, 2018



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.



FEBRUARY IS HEART MONTH!

BY: DASH CORPE, RD



The month of February is dedicated to raising awareness about heart disease and ways to improve your heart health! Did you know there are many ways to reduce your risk through diet alone? Getting enough fruits and vegetables is a great way to start! Following the “DASH” eating plan continues to be ranked #1 for an overall healthy eating pattern.



Dietary Approaches to Stop Hypertension “DASH Diet”

- Focus on Low Sodium Foods
 - Avoid processed meats high in sodium such as canned meats, soups and vegetables. Look for “Low Sodium” varieties instead.
 - Limit cheese to 1 oz. per day or try swiss cheese which is naturally low in sodium.
 - Avoid frozen packaged foods unless they are less than 400 mg/serving.
 - Avoid salty snacks (ex. nuts, chips, pretzels) and look for lower sodium alternatives such as lightly salted popcorn or baked chips.
- Eat More Whole Grains
 - Switch to brown rice, wheat bread, whole wheat pasta, quinoa, barley
 - Include oatmeal or whole grain cereals for breakfast
- Eat or Drink 2-3 servings Low Fat Dairy every day
 - Drink 1 cup non-fat or low-fat milk
 - Eat low fat yogurt
 - May drink soy, almond or other milk alternative fortified with calcium
- Eat Fruits & Vegetables
 - Eat as many different fruits and vegetables throughout the day
 - Goal: 4-5 servings each (ex. small apple or handful steamed vegetables = 1 serving)
- Lean Meats
 - Avoid high fat meats such as bacon, hot dogs, marbled steak and regular ground beef.
 - Eat chicken, fish, lean red meat
- Eat “Healthier” Fats:
 - Olive Oil, Coconut Oil, Avocado, Nuts & Seeds
- Sweets
 - Limit to 5 small servings per week

In addition to promoting healthy blood pressure and cholesterol, the **DASH** diet supports a healthy weight and long-term adherence is associated with lower risk of stroke, heart failure, osteoporosis, several types of cancers, and lower risk of kidney stones. New research shows reduced risk of developing type 2 diabetes and some types of breast cancers. dashdiet.org

