



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
March 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:

Prince Jonah Kuhio Kalaniana'ole Day – Monday, March 26, 2018
Good Friday – Friday, March 30, 2018
Memorial Day – Monday, May 28, 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. You may also call in with your donation at 988-6747 or go online to www.hmow.org.

March is National Nutrition Month



NUTRITION FOR OSTEOPOROSIS

BY: DASH CORPE, RD

Worldwide, osteoporosis causes more than 8.9 million fractures annually, resulting in a fracture every 3 seconds. It is estimated to affect 200 million women worldwide which is more than the population of Japan! What steps can you take to reduce your risk?



Simple diet adjustments can help:

Diets rich in calcium, vitamin D, protein, fruits and vegetables support strong bones.

Most people need at least 1,000mg Calcium per day to maintain strong bones.

The upper limits of safety for Calcium are 2,500mg per day, so do not exceed this amount from supplements and foods.

High Calcium Foods:

400mg Calcium: 8 oz yogurt (no fruit), ½ cup dry milk powder

300 mg Calcium: 8 oz milk, 8 oz yogurt with fruit, 8oz fortified orange juice, ¼ cup parmesan cheese, ½ cup tofu (treated with calcium)

200mg Calcium: 1 oz natural cheese, 1 serving calcium fortified cereal

100mg Calcium: ½ cup turn up greens/ bok choy, 1 oz almonds, ½ cup white beans

50mg Calcium: ½ cup broccoli, kale or mustard greens

High Vitamin D Foods:

Milk, Fortified juices (check label), Yogurt, Egg yolks, Fatty fish (tuna, salmon) and some mushrooms.

It may be difficult to get enough Vitamin D from your foods or sun light, therefore supplementation is often recommended. The upper limit of safety for Vitamin D is 2,000 IU per day. Ask your doctor or dietitian about the right supplement for you.



Having lean meat or beans with meals will make sure you are getting the protein you need to keep your bones strong. Fruits and vegetables provide vitamin C, magnesium, vitamin K and potassium which also strengthen bones.

Avoid salty foods because this can cause more calcium to be removed from your body.