



# HAWAI'I MEALS ON WHEELS

## Client Information Bulletin

### August 2018



Tuesday, August 21, 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](http://hmow.org/donations/meal-contribution)  
Save paper! Get your client bulletin by email. Send request to [hmow@hmow.org](mailto:hmow@hmow.org)

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

Statehood Day – Friday, August 17, 2018

Labor Day – Monday, September 3, 2018

Columbus Day – Monday, October 8, 2018

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

**Three ways to help Hawai'i Meals on Wheels:**

Please ask family and friends to remember us through:



Aloha United Way

Aloha United Way (AUW) **70190**



Combined Federal Campaign (CFC) **48796**



give aloha  
Foodland's Annual Community Matching Gifts Program

Foodland's Give Aloha campaign will take place **next month** in September.

Throughout the month, Foodland members can make donations of up to \$249 to Hawai'i Meals on Wheels at any Foodland or Sack-n-Save location during checkout. Foodland and the Western Union Foundation will match all customers' donations dollar for dollar. Our nonprofit's designation number will be: **77345**. Everyone's contributions can add up to meals for those who are homebound. Mahalo!



# Healthy Snacking

By: Dash Corpe, RD



Looking for some tasty snacks to help keep your energy up for the day? Or maybe you'll be babysitting the grandkids after school and need some easy, healthy ideas to keep them fueled. Either way we have you covered!

Some quick tips to ensure you have some healthy options:

- ➔ **Distinguish snacks versus treats.** Healthy snacks are nutritious and satisfy hunger.
- ➔ **Keep snacks easily accessible.** Pack them ahead of time in Tupperware in case you are on the go.
- ➔ **Stick to a schedule.** There is always time for quick/ healthy snack – in less than 5 minutes you can eat a banana or eat a few peanut butter and crackers.
- ➔ **Be money-wise.** Most healthy snacks are inexpensive. Bananas, dried fruit, granola bars, whole wheat crackers and string cheese usually cost less than energy/ protein bars.

**Combine a high protein food on the left with an energizing food on the right for a balanced combination!**

- |                               |                            |
|-------------------------------|----------------------------|
| 1 tbsp Peanut Butter          | Sliced apple               |
| ¼ cup Nuts                    | ¼ cup Dried fruits         |
| 1 Greek or low fat yogurt     | Frozen berries             |
| 1 Light String Cheese         | 10-12 Whole wheat crackers |
| 1 handful Jerky               | 3 cups Popcorn             |
| 2 slices Deli meat            | 1 Sliced bread             |
| 1 Hardboiled egg              | Raw vegetables             |
| ¼ cup Hummus                  | 1 cup apple sauce          |
| 1 cup 1% milk                 | 4 fig newtons              |
| ½ cup Kashi Go Lean Crunch    | ½ cup rice crackers        |
| 3 oz (palm size) Fish or Poke | 1/3 cup rice               |
| ½ cup Cottage Cheese          | ½ papaya                   |
| ½ cup Tuna Salad              | ~15 baked potato chips     |
| Edamame                       | 1 small Granola bar        |

