



**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
July 2018



National Ice Cream Day, July 15, 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.

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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:**

Independence Day – Wednesday, July 4, 2018  
Statehood Day – Friday, August 17, 2018  
Labor Day – Monday, September 3, 2018

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

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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**



When you shop at AmazonSmile, a percentage of your purchases can be designated for Hawai'i Meals on Wheels. It's easy. Simply go to the AmazonSmile website at [smile.amazon.com](http://smile.amazon.com) on your computer or mobile device, then select Hawai'i Meals on Wheels as your charity. When you're ready to check out, the AmazonSmile Foundation will donate 0.5% of your eligible AmazonSmile purchases. The purchase price does not include shipping, taxes, or service charges. Everyone's contributions can easily add up to meals for those who are homebound. Mahalo!

# 10 Healthiest Convenience Foods

By: Dash Corpe, RD

Shopping the perimeter of the grocery store is normally where you will find the healthiest foods, however some packaged foods can still provide great nutrients and make meal planning even easier!



## 1. Canned Beans

Packed with fiber and protein, look for ones without added salt or rinse well before using. Easy to add in soups or have as a side dish!

## 2. Oats

Cook oatmeal conveniently in the microwave –buy it plain and add fresh or frozen fruit for a tasty & healthy breakfast!

## 3. Frozen Vegetables

Just as nutritious as fresh and lasts much longer! Steaming will preserve more nutrients than boiling and most can be heated in the microwave as well.

## 4. Frozen Berries

Loaded with antioxidants that can help protect the body from chronic diseases. Frozen berries are cheaper (especially when on sale!) and last at least 12 months in the freezer!

## 5. Granola Bars

Bars can be a great snack if trying to maintain or gain weight. It can even be a good meal replacement if you are unable to get a good meal. Look for bars <25 grams total carbohydrate to keep sugar in check.

## 6. Soup

A great pantry staple! Broth based soups are healthier options when they have the American Heart Association label to reduce sodium.



## 7. Cereal

Look for a high fiber cereal with >5 grams of fiber and sugar <6 grams.

## 8. Brown Rice

Higher in fiber than white rice, brown rice also contains many more vitamins and minerals to protect your health. It can even be purchased in microwavable packages to make enough rice for 2 people.

## 9. Tuna in water

Great source of protein at an excellent value! Contains vitamin D and B12 –both things older adults need. Easy for sandwiches, to have as a snack with crackers or even on a salad!

## 10. Yogurt

Rich in calcium and a good source of protein!

