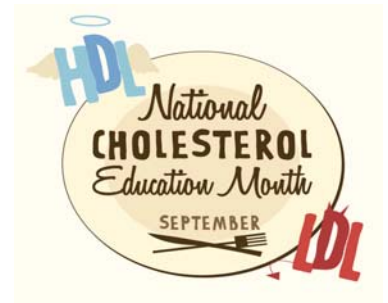




# HAWAI'I MEALS ON WHEELS

Client Information Bulletin  
September 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. **REMINDER: MEALS CANNOT BE LEFT UNATTENDED – THEY MUST BE HANDED TO CLIENTS**

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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 \$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:**

Labor Day – Monday, September 3, 2018  
Columbus Day – Monday, October 8, 2018  
General Election Day – Tuesday, November 6, 2018  
Veterans Day – Monday, November 12, 2018  
Thanksgiving – Thursday, November 22, 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 Friday, September 28<sup>th</sup> will be delivered during lunch time •
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## Three more 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

See back page for more





Foodland's Give Aloha campaign takes place throughout the month of September. During checkout, Foodland shoppers can make donations of up to \$249 to Hawai'i Meals on Wheels at any Foodland or Sack-n-Save location. Foodland and the Western Union Foundation will match all Maika'i card member's donations dollar for dollar. Our nonprofit's designation number is **77345**. Everyone's contributions can add up to meals for those who are homebound. Mahalo!

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## STAY COOL WITH SMOOTHIES

BY: DASH HOLLAND, RD

Even though the calendar now says September, it's still Summer here. Which means it's still hot. During the heat of any summer, a refreshing smoothie can cool us down and provide a variety of nutrients to improve health. Smoothies help with hydration which can be more difficult as we age. Along with beneficial nutrients to help healing, smoothies can also provide extra calories when appetite is poor

Try a new recipe today! Need more protein? Add a scoop of protein powder!



### STRAWBERRY BANANA WITH MILK

- 2 cups frozen strawberries
- 1 banana
- 1 cup milk (whole, soy or almond)
- 1 cup ice
- 1 tbsp honey



### Avocado Blueberry Smoothie:

- 1 cup frozen blueberries
- ½ avocado
- 1 banana
- ½ cup orange juice
- 1 cup water
- 1 cup ice



### Dairy-Free Mango:

- 1 banana
- 1 cup mango
- 1 cup soy milk (or almond, coconut)
- 2 tbsp non-dairy protein powder
- ½ cup apple juice
- 1 cup ice cubes

### *Benefits of Fruit*

- Provides essential nutrients: potassium, dietary fiber, vitamin C and folate.
- Potassium can help control blood pressure.
- Dietary fiber reduces risk for heart disease and helps digestion.
- Vitamin C helps repair body tissues.
- Provide antioxidants that support the immune system.
- Good source of natural sugar to boost energy.