



HAWAI'I MEALS ON WHEELS
Client Information Bulletin
December 2014



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 contributions enable us to continue **serv**ing nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

Our costs per meal average approximately \$13.00. This includes food costs and administrative costs, with an average of \$6.50 of this going to food preparation costs.

Our client contribution requests to you are \$5.00. This does not cover the average costs of meals.

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

Christmas Day – Thursday, December 25, 2014
New Year's Day – Thursday, January 1, 2015
Dr. Martin Luther King Jr. Day – Monday, January 19, 2015
Presidents' Day – Monday, February 16, 2015

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

- Dinner meals on Christmas Eve (December 24), Christmas Day (December 25th) and New Year's Eve (December 31st) will be delivered during lunch time. ●
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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**

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Quote of the Month: "I wish we could put up some of the Christmas spirit in jars and open a jar of it every month." ~ *Harlan Miller*



Happy Holiday Eats

By Dash Holland, Sodexo Dietetic Intern

Tips to keep you on track during the food filled holiday season!

- Eat a small snack like an apple or whole wheat toast before big pot luck meals to avoid over eating.
- Eat soluble fiber rich foods like oatmeal, beans, turnips or sweet potatoes before sweets to help control large spikes in blood sugar.
- Use small plates to avoid eating large portions.
- Remember to drink one glass of water for every alcoholic drink to stay hydrated.



Did you know Dec. 3rd is national Apple Pie Day?



Turn your apple pie into a tasty low sugar dessert that the *whole family* can enjoy!

- Bake 2 lbs. tart apples with 2 tbsp. sugar, 1 tsp. cinnamon, and 1 tbsp. cornstarch in a 2 quart (8 x 8) baking dish and top with 9 thin strips of pastry dough.
- Bake for 45 minutes in a 375 degree oven.

Serves 8: 152Cal, 5g Total Fat, 12 mg Cholesterol, 26g Carb (3g fiber) and 2g Protein

