



HAWAII MEALS ON WHEELS
Client Information Bulletin
February 2015



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 serving nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

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

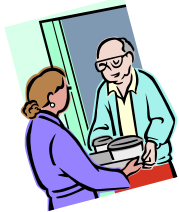
Our client contribution requests to you are \$5.00. This does not cover the average costs of meals.

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

Presidents' Day – Monday, February 16, 2015
Prince Kuhio Day – Thursday, March 26, 2015
Good Friday – Friday, April 3, 2015

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 May 2, 2015



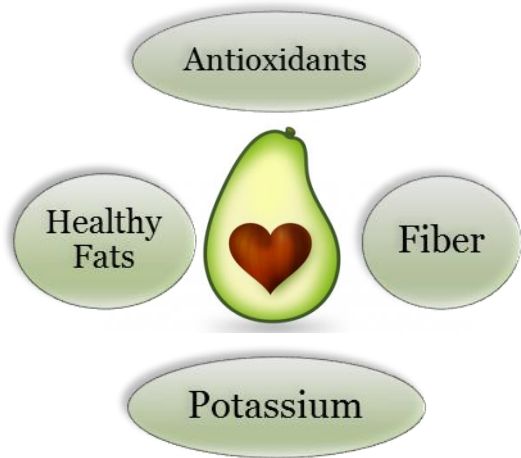
Tell your Family and Friends! **WE WILL BE ASKING FOR YOUR KOKUA AGAIN TO MAKE A DONATION TO SUPPORT YOUR VOLUNTEERS.**
Please write "Volunteer Luncheon" on the memo line on the lower left side of your check if you decide to make a monetary donation for the luncheon.

The Hawaii Potters Guild will be holding their biennial **EMPTY BOWL** event this year. Proceeds from this event will be donated exclusively to Hawaii Meals on Wheels! Community organizations island wide will be creating over 5000 handcrafted bowls for sale. Twenty-four restaurants will also be there serving delicious soups. If you would like to come and support Hawaii Meals on Wheels, please save Friday, April 10, 2015 at 445 and 449 Cooke Street in Kakaako.

Hawaiian Grown Avocado

By: Dash Holland, Sodexo Dietetic Intern

Did you know that avocado can reduce your risk for heart disease, cancer, eye disease and even lower your blood pressure?



Avocados are an excellent **calorie** source packed with healthy, monounsaturated, fats that can **lower** your “bad” LDL cholesterol if eaten on a regular basis. Just one avocado contains enough **fiber** to meet about **50%** of your needs. This is important for digestive health and can lower LDL cholesterol too!

EAT LOCAL

Imported avocados can be expensive! Fortunately Hawaii offers **ideal** growing conditions.

- Find family/ friends with avocados who can **share!**
- Senior Farmer’s Market vouchers can be used to purchase local avocados.
- Hawaiian grown may offer **more nutrients** than imported varieties.

EYE HEALTH

Lutein and Zeaxanthin - antioxidants found in avocados that **reduce risk** of chronic eye disease including Age Related Macular Degeneration & Cataracts.

- Macular Degeneration - leading cause of blindness in the western world.
- Expected to triple by 2025!
- Can only get these nutrients through the diet.
- Usually found in **green vegetables**

SPREAD ON TOAST!

ADD TO A SANDWICH!

ADD TO A SMOOTHIE!