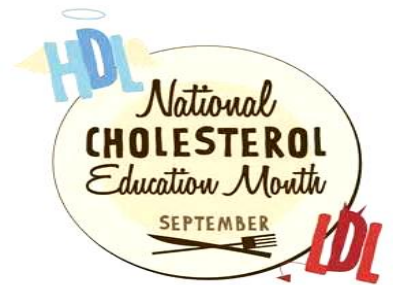




HAWAI'I MEALS ON WHEELS
Client Information Bulletin
September 2014



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 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 \$6.00 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:

Labor Day – Monday, September 1, 2014
Columbus Day – Monday, October 13, 2014
General Election Day – Tuesday, November 4, 2014
Veterans Day – Tuesday, November 11, 2014
Thanksgiving – Thursday, November 27, 2014

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 (AUW) **70190**



Combined Federal Campaign (CFC) **48796**



Foodland's Give Aloha campaign takes place THIS month. Throughout the month of September, 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 is **77345**. Everyone's contributions can add up to meals for those who are homebound. Mahalo!



Eating a Rainbow, What Does That Mean?

By: Dash Holland, Dietetic Intern
and Dinner Kaimuki Volunteer

Eating a variety of fruits and vegetables ranging from the deep purple plum to a bright yellow banana to a bold red apple can provide many health benefits!

- Eating a variety can decrease the risk for cancer and provide fiber to help with bowel regularity.

WHAT ELSE CAN FRUITS AND VEGETABLES DO?

- Berries can boost memory and brain function.
- Citrus such as oranges and grapefruit contain Vitamin C which supports the immune system to fight diseases.
- Pears and Apples contain flavanols that protect the heart and cardiovascular system.
- Leafy Greens such as spinach and kale are high in Vitamin A and K as well as antioxidants.
- Cruciferous Vegetables such as broccoli and Brussels sprouts are high in fiber and help fend off cancer.
- Root Vegetables such as carrots and sweet potatoes support the immune system.

Senior Farmer's Market Nutrition Program!

**Did you know that you could qualify to receive
\$50 worth of fresh local produce at a nearby farmer's markets?**

Must be over 60 yrs old **AND** have a household income less than \$24,827 (single) and \$34,467 (couple) to qualify.

Call 954-7889 for more information

or visit: www.hawaiifoodbank.org/seniorfarmersmarket.aspx

Hurry! Get your \$50 vouchers before September 28th at participating locations!