



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

Our costs per meal are average approximately \$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:

General Election Day – Tuesday, November 4, 2014
Veterans Day – Tuesday, November 11, 2014
Thanksgiving – Thursday, November 27, 2014
Christmas Day – Thursday, December 25, 2014
New Year's Day – Thursday, January 1, 2015

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

Two ways to help Hawai'i Meals on Wheels

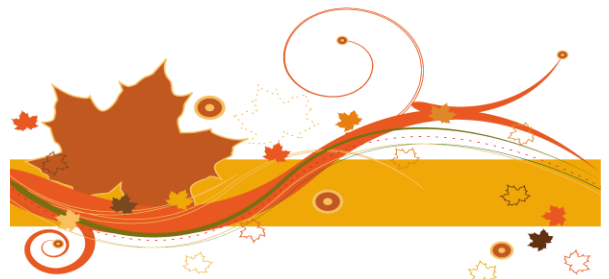
Please ask family and friends to remember us through:



Aloha United Way (AUW) 70190



Combined Federal Campaign (CFC) 48796



Loss of Appetite: What do I do?

By: Dash Holland, Sodexo Dietetic Intern

Decreased appetite is common as we age:

- Low metabolism and physical activity
- Dental problems and gastrointestinal changes
- Changes to sense of smell and taste



How to stimulate appetite:

- **Add nutrient dense foods.** Try adding high calorie, healthy foods to your meals. Examples include peanut butter, avocado and olive oil. This takes the burden off of eating larger meals to meet calorie goals.
- **Be familiar with medication side effects.** Many cause taste changes or dry mouth – try chewing sugarless gum or using an oral rinse before meals. If animal meats taste metallic; try other sources of protein like beans or tofu.
- **Set a regular meal schedule.** Hunger and thirst thrive on patterns. Try eating your meals at the same time each day to set a routine which sets a schedule for appetite stimulating hormones.
- **When possible, share meals with others.** Eating alone can reduce appetite. Try eating meals with neighbors, caregivers or at community centers. Studies have shown that people eat more when they see others eating.
- **Talk to your doctor about an appetite stimulant.** Some people have had success using these medications if other methods do not work.