

HAWAI'I MEALS ON WHEELS
Client Information Bulletin
October 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:

Columbus Day – Monday, October 13, 2014
General Election Day – Tuesday, November 4, 2014
Veterans Day – Tuesday, November 11, 2014
Thanksgiving – Thursday, November 27, 2014
Christmas Day – Thursday, December 25, 2014

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





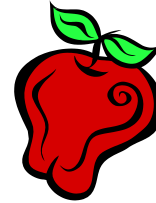
High Fiber Foods to Improve Your Health



Written by: Dash Holland, Sodexo Dietetic Intern

If you haven't started eating these high fiber foods already, try adding a few to your diet along with plenty of **water**.

- ✓ Reduces Constipation
- ✓ Lowers Cholesterol
- ✓ Increases Immune Health
- ✓ Can Lower Blood Sugar



Soluble vs. Insoluble Fiber

- ✓ Orange
- ✓ Avacado
- ✓ Lilikoi Fruit
- ✓ Beans
- ✓ Oats
- ✓ Edamame
- ✓ Bran Cereal
- ✓ Apple
- ✓ Broccoli
- ✓ Cabbage
- ✓ Leafy Greens

Soluble fiber can lower cholesterol as well as improve immune health by lowering inflammation. Soluble fiber can also lower blood glucose that often occurs in people with 2 Diabetes.

Insoluble fiber lowers constipation by causing a laxative effect which can improve intestinal health. This can reduce risk for hernias and inflammation.