

## **Welcome, Good Clean Food Hawaii!**

Malama Ola is launching a pilot effort with Good Clean Food Hawaii (GCF), a meal prep service that delivers healthy pre-made meals to locations throughout Oahu. Interested employees can order meals and have them delivered to the Keeaumoku 9<sup>th</sup> floor Fresh Zone.

### **Is this only for Keeaumoku?**

Nope! Kapiolani employees can have meals delivered to Orange Theory Fitness Kapiolani or Hawaii Discount Nutrition, and Kapolei employees could select delivery to CrossFit West Oahu, if interested. You could actually request delivery to any of the locations on Oahu.

### **Why Good Clean Food Hawaii?**

GCF's pre-made, portion-controlled meals are an easy way to try new foods and menu items without having to be nutritionist, shopper, and chef. The service could help some of us achieve our dietary, health and fitness goals or just give others a welcome break.

### **Why are we doing this?**

We think this service could help in many different ways. Some of us want to eat better but don't know where to start. Some of us get home late and tired and settle for fast food or a granola bar at the sink. Others are caregivers and need to provide meals for our loved ones. And sometimes, a healthy prepared meal would just free up time for other things we want or need to do.

### **How does it work?**

View the weekly menu and place your order before Thursday at 9 PM at [www.gcfhawaii.com/hmsa](http://www.gcfhawaii.com/hmsa). Your meals will arrive the following Monday or Thursday, depending on whether you have chosen from the Monday menu or the Thursday menu. Minimum order is \$25 per delivery and you can order on demand or join a weekly subscription plan.

Note: The weekly subscription service streamlines ordering for repeat customers by automatically renewing the previous order's type and number of meals. You would just log in to make your actual food choices and be done.

### **How much do meals cost?**

Breakfast choices are \$8.99 or \$9.99. Lunch and dinner options are \$12.99 or \$13.99. All meals are gluten, dairy and soy-free with no refined sugar.

### **Place Your Order:**

1. Go to [www.gcfhawaii.com/hmsa](http://www.gcfhawaii.com/hmsa) and click Order Now.
2. Select your pick-up location:
  - a) HMSA Keeaumoku (9<sup>th</sup> floor Fresh Zone)
  - b) Orange Theory Fitness Kapiolani or Hawaii Discount Nutrition (1600 Kapiolani)
  - c) CrossFit West Oahu (Kapolei)
3. Select delivery day(s) and quantities (e.g. 3 Paleo Breakfasts for Monday).
4. Choose your start date and whether this is a one week trial or a weekly subscription.
5. Indicate any allergies or preferences (optional), then click Next.

6. Review your order and click Check Out to continue.
7. New customers: Register and create an account. Log in and click Order Now.
8. Enter payment information and coupon code **HMSAHealth** to get 15% off your first order before March 24th. 10% off your first order after March 24th.
9. Click Place Order.
10. Click to go select your actual meal choices.
11. At the Customer Order Portal, select Choose Meals then enter your choices.
12. Place your order and look forward to some free time and good food!

Note: If you're ordering more than a week in advance, you may not be able to make your actual food choices since menus may not be set yet. Please plan to log in later to make your selections.

Need more info from GCF? Check out [www.gcfhawaii.com/hmsa](http://www.gcfhawaii.com/hmsa); email [info@gcfhawaii.com](mailto:info@gcfhawaii.com) or call GCF @ 808.339.1314.

For HMSA-specific questions, please email [donna\\_hu@hmsa.com](mailto:donna_hu@hmsa.com). Mahalo!