



Miki Wong, RDN, MCO



Mālama ‘Ohana: Nourishing Generations Through Family Meals

Discover the transformative journey of the Pu‘uwai O Moloka‘i ‘Ohana Meal Kit Pilot Program, an innovative three-month initiative aimed at enriching family mental health through the power of food. This program demonstrates a successful, culturally responsive approach to the integration of nutrition, education, culture and the family unit in pursuit of cultivating Maui Ola (optimal health and wellbeing).

At its heart, the program provided healthy, whole food ingredients from local farmers, transforming each family meal kit into a blend of nutritious meals, learning experiences and family togetherness. Participants not only enjoyed nutrient-rich foods but also gained valuable insights into their health benefits while functioning as a conduit for culinary and cultural empowerment. The program aimed to encourage sustainable lifestyle changes by simplifying meal preparation and making healthy home-cooked meals more attainable for families with busy schedules. We encouraged family engagement, inviting families to bond over meal preparation and dining, all while integrating behavioral health insights to foster stronger family ties and well-being.

Speaker Bio: Miki Wong, RDN (Registered Dietitian/Nutritionist), MACO (Master of Arts in Counseling)

Miki Wong is the Manager of Medical Nutrition Therapy and a Registered Dietitian/Nutritionist at Nā Pu‘uwai, the Native Hawaiian Health Care System in Hawaii that serves the communities of Moloka‘i and Lāna‘i. Miki’s interest in nutrition began at the age of 13 when she learned about vitamins in a class at school, and was fascinated by the unseen world of nutrients in food and how it impacts health. Today, Miki’s fascination with nutrition and lifestyle, and its impact on a wide spectrum of health related issues, continues to grow. Understanding that there is no one-size-fits-all approach with nutrition therapies, she works in partnership with her patients to empower them with an approach that is in line with the individual’s health goals and needs.