



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp



Message from Project Coordinator

Summer, 2017

Aloha! Thank you for your continued support for the Hawaii Child Care Nutrition Program (HCCNP), a project funded by the Hawaii Department of Human Services. We are proud to be able to service you all for another year with your nutrition related needs.

This newsletter will highlight our upcoming free fall workshop, “**Meal Pattern Update**” in addition to activities done this past program year including menu reviews, workshops & speaking engagements. You will also find a fun recipe as well as information about new meal planning resources available from the USDA Team Nutrition website. Let me know if you have any questions or concerns. I can be reached at hccnp@hawaii.edu or at 956-4124. We look forward to working together for the health and safety of our children!



Sincerely,

Kimberly Prochnow

HCCNP Project Coordinator

Fall Workshops: Meal Pattern Update

As you may already know, USDA has updated the meal pattern requirements for the Child and Adult Care Food Program (CACFP). All licensed centers will be required to follow these new requirements by October 1, 2017—even if you are not enrolled with the CACFP. If you weren’t able to make it to one of our recent “**Meal Pattern Update**” workshops earlier this year, you’re in luck! HCCNP will be hosting a few more sessions throughout Oahu over the next few months. These workshops are free and are open to preschools & day care providers.

We will:

- discuss all the new meal pattern requirements
- share best practices and helpful resources so that you can ensure your menus maintain compliance



Please see the enclosed flyer, registration form & FAQ handout for more information about the workshop schedule & registration process. **Note that the workshops are free, but that registration is required and that there are RSVP deadlines for each session. Registration forms must be **received** by the RSVP dates that are listed on the enclosed flyer.*



Participants who attend, will receive a certificate of attendance that can serve as documentation to show your efforts of continuing education in the core area of “*Health, Safety and Nutrition*” for your state child care licensing requirements. If you have any questions, contact Kim at 956-4124 or via email at hccnp@hawaii.edu .

Menu Reviews

Having your menus reviewed by a qualified nutritionist not only fulfills your child care licensing requirements, but it also helps to ensure that your children are getting balanced meals & snacks. ***Remember that Group Child Care Programs are required to have their menus reviewed annually.*** As many of you already know, HCCNP provides menu reviews, free of charge to licensed child care programs that are **not** participating in the USDA Child and Adult Care Food program.

This past program year, a total of 191 menu reviews, reaching over 10,000 children enrolled in various licensed facilities (preschools, after care programs, etc.) throughout the state, were completed (Table 1). It took on average, about 21 working days to complete a nutrition review. *HCCNP kindly asks providers to plan for about 4-6 weeks for a review to be completed. HCCNP unfortunately cannot guarantee that last minute requests can be accommodated.*

Table 1		
Menu Reviews Completed		
	2015-2016	2016-2017
Oahu I	66	66
Oahu II	51	50
Hilo	13	12
Kauai	17	17
Kona	24	19
Maui	27	27
Total	198	191

Please help expedite the process by including the following information with your menu review request:

- Completed **Menu Review Request Form** (available on our website at www.ctahr.hawaii.edu/NEW/HCCNP/)
- 3 months of menus or 1 full cycle
- Serving size information (cups, ounces, pieces, etc.)
- Type of milk (whole, 1%, skim, etc.)
- Brand names of juice, crackers, cereals, etc.
- Identification of any whole grains served

Sample menus, menu planning guides, templates and other handouts and resources can be found on our website. Please contact Kim if you have any questions, comments or concerns at hccnp@hawaii.edu or at 956-4124.

NEW Sugar Limits

One of the goals of the new USDA meal pattern requirements is to curb added sugars in foods and beverages that children consume during day care. There are a few new rules to help accomplish this goal:

- Cereal must contain no more than 6 grams of sugar per 1 ounce serving
- Yogurt must contain no more than 23 grams of sugar per 6 ounce serving



While many products on the market fall within these limits, there are some brands and flavors of cereal and yogurt that may exceed these values. Thankfully, USDA's Team Nutrition has created a few helpful handouts to help you determine if the brands and flavors of cereal and yogurt that you serve comply with these new sugar limits. See page 4 for information on where you can download these newly developed resources. And remember to continually double check those package labels since product formulation can change at any time.

Spring Workshops: *Meal Pattern Update*

HCCNP conducted 14 “Meal Pattern Update” workshops throughout the state this past spring. More than 200 individuals - child care providers, and other child care professionals from almost 90 different early childhood education programs, vendors and agencies attended the workshops. Four of these workshops were conducted upon request from individual schools, seeking training for all of their staff.

Participants learned about the new USDA meal pattern requirements that all licensed centers must comply with by October 1, 2017. Everyone received copies of the latest meal pattern charts and other relevant menu planning tools, in addition to having an opportunity to work through hands-on examples of label reading exercises to identify creditable foods and beverages.

To access the “Meal Pattern Update!” Toolkit, please visit the **Presentations/Trainings** section on our website at www.ctahr.hawaii.edu/new/hccnp/preschools.htm.



Summer Workshops: Supporting Healthy Weight in Early Care & Education Settings

In June, HCCNP was fortunate enough to be able to collaborate with the Department of Health and the Hawaii Child Nutrition Programs to conduct workshops on how to incorporate healthy foods and beverages and more quality physical education in child care settings. Five sessions were held throughout the state and almost 80 individuals from about 50 different infant, child & adult care centers and agencies attended the workshops.

In addition to learning about the new USDA meal pattern requirements for infants, children and adults, participants also learned about how they could incorporate a variety of quality and age-appropriate physical activities in their day care center. Participants not only got to engage in simple exercises during the workshop, but they also had an opportunity to create their own “play equipment” to enhance their physical activity exercises, such as dance streamers made out of inexpensive disposable table cloths and car steering wheels made out of paper plates.

Speaking Engagements

HCCNP participated in a few professional development events this past year. On October 15, 2016, HCCNP presented our “Kid Friendly Snacks!” workshop at the Hawaii Association for the Education of Young Children’s (HAEYC) Early Childhood Conference. Attendees learned simple strategies they could use to serve healthy snacks that their kids will enjoy.



In December, HCCNP fulfilled a request to conduct a workshop on label reading and food allergies for staff at Kamehameha Preschools in Waianae. Attendees learned about how to interpret a food label, from nutrient content claims to the nutrition facts panel. They also learned about the most common food allergens experienced in our country and how to prevent exposure of such allergens by reading food labels and being mindful about cross contact.

If you would like HCCNP to come to your center to conduct one of our previous workshops for your staff, please contact Kimberly at hccnp@hawaii.edu or at 956-4124 to see what can be arranged.

Recipe: Versatile Quick Bread

Yield: 1 loaf

Ingredients:

2 tablespoons baking powder
1½ teaspoons baking soda
2 cups whole wheat flour
¼ cup butter or vegetable oil
½ cup sugar
1 egg
1 cup fruit (fresh or canned or dried)
¼ cup water, or lowfat or fat free milk or fruit juice

Optional:

½ cup nuts
½ cup raisins

Directions:

- 1) PREHEAT oven to 350°F.
- 2) GREASE a 9" x 5" x 3" loaf pan.
- 3) SIFT baking powder and baking soda. MIX thoroughly with wheat flour.
- 4) In a large bowl, CREAM butter or oil and sugar.
- 5) In a small bowl, BEAT egg, then add to butter and sugar mixture. MIX.
- 6) In a medium bowl, MASH fruit, then add to butter, sugar and egg mixture. MIX.
- 7) Add water, milk or fruit juice. STIR.
- 8) Add flour mixture and MIX in gently until completely moist.
- 9) Optional: CHOP nuts. ADD nuts and/or raisins. MIX well.
- 10) POUR into loaf pan.
- 11) BAKE for 50 minutes.
- 12) Insert butter knife or toothpick to test doneness. Knife/toothpick should come out clean.

Variations:

Use fruit such as banana, mango or papaya. For pumpkin & applesauce bread, add: 1 teaspoon cinnamon, ½ teaspoon allspice, ¼ teaspoon cloves

For more recipes, please visit our website at: www.ctahr.hawaii.edu/new/resources.htm

NEW Resources!

Do you need help adjusting your menus to comply with the new meal pattern requirements? If so, check out the new menu planning tools available on the USDA Team Nutrition website: www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools



There are worksheets to help you calculate the amount of sugar in your cereal and yogurt in addition to a guide for selecting the appropriate type of milk to feed your children.

Just a reminder that HCCNP has also updated many of our menu planning resources to reflect the new requirements—including the Meal Pattern Charts and Nutrition Checklist. Download your copy today: www.ctahr.hawaii.edu/new/hccnp/preschools.htm

If you have any questions about the new requirements, feel free to contact Kim at hccnp@hawaii.edu or 956-4124.

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Mailing List: Going Green!



If you are interested in getting our newsletter via e-mail instead of traditional mail, please e-mail us at hccnp@hawaii.edu and provide your name and school contact information.

You can help to conserve our resources!