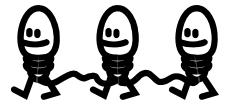




Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp



Message from Project Coordinator

Winter, 2017

Happy New Year! We hope this new year is off to a great start for everyone! As always, thank you for your continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services.

This newsletter includes information about our upcoming **free** spring workshops, “**Meal Pattern Update!**” We hope that you and your staff can join us! We’ve also included an article about requesting more CN labeled products, in addition to a reminder about menu reviews. As always, there is an easy recipe on page 2 that will really ‘hit the spot’ in this cold weather. If you have any questions, please contact Kim at hccnp@hawaii.edu or at (808) 956-4124.



Sincerely,

Kimberly Prochnow

Project Coordinator,

Hawaii Child Care Nutrition Program

Spring Workshops: Meal Pattern Update



For the first time in almost 50 years, USDA has updated the meal pattern requirements for the Child and Adult Care Food Program. All licensed centers and providers will be required to follow these new requirements by October 1, 2017. But don't wait until then to find out what has changed. Come join us for one of our “**Meal Pattern Update**” workshops that we will be hosting throughout the state over the next few months. This workshop is free and is open to preschools and day care providers.

We will:

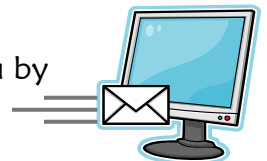
- discuss all the new meal pattern requirements
- share best practices and helpful resources so that you can ensure your menus maintain compliance

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 (808) 956-4124 or via email at hccnp@hawaii.edu .

Mailing List: Go Green!

In an effort to conserve resources, we can send our quarterly newsletters to you by e-mail instead of traditional mail. *If you're interested, please e-mail Kim at hccnp@hawaii.edu and indicate which school you are from.*



Request CN Labeled Products

In our latest summer newsletter, we talked about the USDA FNS Child Nutrition (CN) labeling program and its value in identifying creditable premade foods, like chicken nuggets or fish sticks, in the marketplace. However, the unfortunate reality is that many local retail markets and wholesale stores have very little, if any, CN labeled products.

In an effort to help change this, HCCNP plans to work with local retail wholesale stores to see what can be done to bring in more CN labeled products in stores.

But HCCNP cannot do it alone - HCCNP needs your help! The next time you visit your local wholesale store or market, ask the store manager if they can bring in more CN labeled products. Or provide written feedback to them—some stores even have a box for you to drop off your comments anonymously. The more that people request CN labeled products, the more likely it is that the stores will start selling them regularly, and the easier time everyone will have in meeting this menu requirement.

For more information about the CN labeling program, please visit their website at:

www.fns.usda.gov/cnlabeling/fns-meal-programs

Contact Information:

Hawaii Child Care Nutrition Program
1955 East-West Road, #306
Honolulu, Hawaii 96822

E-mail: hccnp@hawaii.edu
Phone: (808) 956-4124
Fax: (808) 956-6457

Website:

www.ctahr.hawaii.edu/new/hccnp

Recipe: Vegetable Soup

Number of servings: 8

Ingredients:

2 bunches mustard cabbage
½ pound lean pork
8 cups less sodium broth (any type)
2 teaspoons less sodium soy sauce
Salt to taste

Directions:

1. CUT mustard cabbage and set aside.
2. Thinly SLICE pork.
3. In a small pot, FRY pork. Set aside.
4. In a large pot, bring broth to a boil.
5. Add soy sauce and salt.
6. Add pork, then REDUCE heat and SIMMER until pork is cooked.
7. Add cabbage and COOK until tender, uncovered.

Serving Suggestions:

Use any meat/bones to make both.
Use watercress, cut into 1½ inch lengths.

For more recipes from our **Food Skills**

Cookbook, please visit our website at:

www.ctahr.hawaii.edu/new/resources.htm



Reminder—ANNUAL Menu Review

Do you recall if you have had your menu(s) reviewed within the last year? Do you know if your menus meet all the latest menu requirements? If not, it might be time to contact HCCNP to initiate a review for your center!



Remember that if your preschool serves food, one of the child care licensing requirements is to complete a menu review **annually** with a qualified nutrition consultant, like HCCNP, or through your participation with the USDA CACFP.

Feel free to contact HCCNP if you have any questions. We look forward to working with you!