



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp



Message from Project Coordinator

Winter, 2018

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 highlights our upcoming **free** spring workshops, “**Grains 101!**” We hope that you and your staff can join us! We’ve also included an article about family mealtime and as always, there is an easy recipe on page 2 that can be a quick dinner when you’re short on time. 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: Grains 101

Whether you enjoy eating rice, cereal and/or crackers—grains and breads are an integral part of many of our meals and snacks. But it can be downright confusing choosing the “best” grains for you and your children. Come join us for one of our “**Grains 101**” workshops that HCCNP 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:

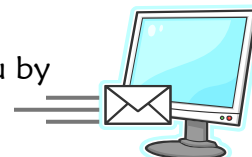
- discuss how to identify whole grains in the marketplace
- review creditable grains so that your menus can meet meal pattern requirements
- highlight some interesting grains that you may not be familiar with
- share ways to enjoy various grains at school and at home

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.*

***Remember:** 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.*



Nutrition tip: Family Mealtime

Work, homework, music lessons, baseball practice - our daily routines can be a handful to juggle! Such activities may often pull family members apart. However, if everyone can gather for mealtime regularly throughout the week, the moments around the dining table can help to bring family members back together and strengthen family bonds. Consider the following potential benefits and how it can impact your loved ones:

- Learn what great things your family members are doing at work or school
- Reminisce about family past-times or family history
- Connect with each other - help children feel comfortable talking with parents about important issues as they grow up
- Converse with children - expose them to a variety of words and help develop their communication skills
- Teach children to shop for food, prepare meals, set the table, clean up - such life skills will help them succeed as they grow up
- Pass down family traditions, like family mealtime, to your kids and future generations

Cook, eat and talk together. Consider making mealtime a family time.

Contact Information:

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Recipe: Oyster Chicken with Broccoli

Number of servings: 8

Ingredients:

2 pounds broccoli
1 small round onion
1 clove garlic
1 thumb size piece ginger
2½ pounds chicken thighs
2-3 tablespoons oyster sauce
Salt and pepper to taste



Thickening:

2 tablespoons cornstarch
¼ cup water

Directions:

1. CLEAN and CHOP broccoli into bite-sized pieces. Set aside.
2. DICE onion. Set aside.
3. MINCE garlic and ginger. Set aside.
4. CHOP chicken into bite-sized pieces.
5. In a large pot, FRY chicken for 2-3 minutes. STIR.
6. Add garlic and ginger.
7. Add broccoli, onion and oyster sauce. Mix well.
8. Mix and SIMMER for about 5 minutes.
9. Add salt and pepper. Mix.
10. COOK until broccoli is almost done.
11. In a small bowl, mix thickening ingredients and add to mixture.
12. STIR-FRY until broccoli is done and gravy is thickened.

Variations:

Other fresh or frozen vegetables may be used.
Other meats may be used.



For more recipes from our **Food Skills Cookbook**, please visit our website at:
www.ctahr.hawaii.edu/new/resources.htm