

Hawaii Child Care Nutrition Program  
Spring 2012 Preschool Workshop “Frequently Asked Questions”

**“Munch & Move Towards a Healthy Future!”**

**1. How much does it cost?**

It's free!

**2. Do I need to sign up?**

Yes, you need to turn in a registration form.

**3. How do I sign up?**

A registration form is enclosed in this mailing and is also available on our website at:

<http://www.ctahr.hawaii.edu/new/hccnp/>

Please fill out the form and e-mail, mail, or fax it back to us at:

Hawaii Child Care Nutrition Program  
1955 East-West Road, #306  
Honolulu, Hawaii 96822  
ATTN: Kimberly Kanechika  
[hccnp@hawaii.edu](mailto:hccnp@hawaii.edu)  
(808) 956-6457 (fax)

You will receive a confirmation letter to confirm your registration.

**4. When will these workshops be held?**

See enclosed newsletter for “workshop schedule.” The schedule is available online as well:

<http://www.ctahr.hawaii.edu/new/hccnp/>

**5. What is the difference between the different sessions?**

Nothing. The same “Munch & Move Towards a Healthy Future!” workshop will be presented at all sessions at the specified times and locations. Please note that registration will close at 5 pm prior to the scheduled workshop date.

**6. What will the workshop be about?**

This workshop will discuss strategies to overcome barriers to *eat smart & move more*, which are key behaviors for a healthy future. Participants will be engaged to set specific goals for their center, and will have the chance to partake in different activities that shed light on increasing physical activity and also choosing, creating and *tasting* healthy foods.

**7. Can I count this workshop towards my efforts to continue my education in nutrition?**

Yes. You will receive a “Certificate of Attendance” upon completion of the workshop that you can credit upon renewal of your child care license.

The University of Hawaii, Cooperative Extension Service (UH-CES) recognizes its duty to provide program accessibility for persons with disabilities. If you have a disability or need special assistance (e.g., sign language interpreter, designated parking), please contact Kimberly Kanechika two weeks prior to the workshop date so that special arrangements can be made.