



Hawaii Child Care Nutrition Program

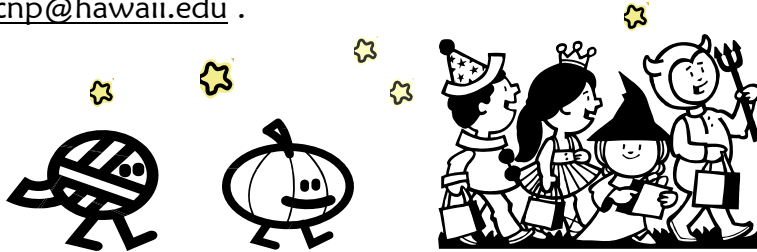
www.ctahr.hawaii.edu/new/hccnp



Message from Project Coordinator

Fall, 2017

Aloha! Thank you for your continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services. We hope your school year is off to a great start! This newsletter includes an introduction to our 2018 workshop topic, an reminder about the new USDA meal requirements and as always, we've included an easy, tasty recipe for you to try. If you have any questions or concerns, please contact HCCNP at (808) 956-4124 or at hccnp@hawaii.edu.



Sincerely,

Kimberly Prochnow, RD

Project Coordinator,

Hawaii Child Care Nutrition Program

SPRING 2018 WORKSHOPS—GRAINS 101!



Have you ever wondered, “*What’s so great about whole grains?*,” “*How do I tell if a product is a good source of whole grains?*” or “*How do I cook quinoa?*” Grains have been a “hot topic” recently as one of the new USDA meal pattern requirements requiring whole grain foods to be served daily have sparked conversations about grains. But you may find yourself still confused about grains or unsure about what might be the best bread or cereal for you and your children.

If so, please consider joining us for our next workshop, “**GRAINS 101**” that will be conducted state-wide throughout the early months of 2018.

We will discuss how you can identify whole grain foods in the marketplace, highlight some interesting grains that you may not be familiar with as well as talk about different ways to enjoy some of these grains with your children and family. As always, the workshops will be free to attend, but registration is required. Look out for updated schedule and registration information which will be sent out with our next ‘*new year*’ newsletter in early January.

Remember** - if you attend, you will receive a “Certificate of Attendance***,” which you can use to document your efforts of continuing your education for your child care licensing requirements. Contact HCCNP at (808) 956-4124 if you have any questions. We look forward to seeing you there!



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 hccnp@hawaii.edu and kindly indicate what school you are from.*



Remember—OCTOBER 1!

Just a reminder that all centers serving food should now be in compliance with the new USDA meal pattern requirements. If you are not sure about whether your menus meet the new rules, please check out our “**NEW Nutrition Checklist**” available on our website at: www.ctahr.hawaii.edu/new/hccnp/preschools.htm under **FORMS**. Download the “new” version of the form that is “effective October 1, 2017,” and pay close attention to the questions on page 2.



If you have any questions about any of the new requirements or need additional help, please don't hesitate to contact Kim at hccnp@hawaii.edu or at (808) 956-4124.

WHOOOPS - Correction!

In the latest summer newsletter, HCCNP provided an overview of how many menu reviews were completed in each county during the course of the last two years from July 1, 2015 thru June 30, 2017. Unfortunately, HCCNP realized there was an error in the table provided in the “Menu Review” article. Below you will find the correct number of reviews completed by county during the last two program years.



HCCNP apologizes for any inconvenience this may have caused.

Table 1		
Menu Reviews Completed		
	2015-2016	2016-2017
Oahu I	66	70
Oahu II	50	46
Hilo	12	12
Kauai	19	17
Kona	23	19
Maui	28	27
Total	198	191

Recipe: Unfried Beans

Yield: about 2 cups

Ingredients:

- 2 cups canned beans (pinto, kidney, red, etc.)
- ½ teaspoon cumin
- 1 tablespoon vinegar (more or less to taste)
- 2 tablespoons finely minced onion
- 1 teaspoon chili powder (more or less to taste)
- ½ teaspoon pepper



Directions:

1. DRAIN and RINSE beans.
2. In a medium bowl, MASH beans.
3. ADD cumin, vinegar, onion, chili powder and pepper. Mix well.

Variations:

Add finely minced cilantro (Chinese parsley), chopped tomatoes, minced garlic, chopped green chilies, and, or diced green bell peppers.



Serve as a fat free substitute for “refried beans,” as a dip, or sandwich spread.

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

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