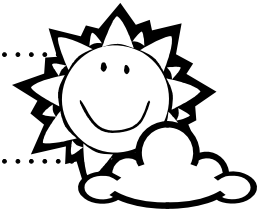




# Hawaii Child Care Nutrition Program



Summer, 2010

## Message from Project Coordinator

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. With another project year coming to a close, I am more than happy to bring good news to you all! We have been notified that our project has been renewed for another year (July 1, 2010 - June 30, 2011). HCCNP will continue to be available for free nutrition reviews required for licensing, and we will continue to provide quality nutrition information that you can use to improve your meal service, as well as educate your children and their families about healthful eating.

This newsletter will highlight activities done this past program year including menu reviews, speaking engagements and upcoming workshops. Also included are a few helpful healthy tips & a delicious, easy recipe. Please let me know if you have any questions, comments, or concerns. I can be reached via e-mail at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) or at 956-4124. We look forward to working together in the future for the health and safety of our children.



Sincerely,  
Kimberly Kanechika  
Project Coordinator,  
Hawaii Child Care Nutrition Program

## Save the Date! Upcoming Healthy Snacks Workshops Fall 2010

Would you like to serve healthier snacks to your children? Come join us and other day care providers at our upcoming "Nutrition Facts & Healthy Snacks" workshops. You may use this workshop towards your efforts to continue your education in nutrition for renewal of your child care license.

### WORKSHOP SCHEDULE

Location	Date & Time
Mauui Community College <i>Pilina Multipurpose Room</i>	September 22 (Wed) at 5:30 pm - 7:00 pm
Pearl City Urban Garden Center <i>Classroom</i>	September 24 (Fri) at 5:30 pm - 7:00 pm September 25 (Sat) at 9:00 am - 10:30 am
University of Hawaii at Manoa <i>Agricultural Science Bldg #306</i>	October 1 (Fri) at 5:30 pm - 7:00 pm October 2 (Sat) at 9:00 am - 10:30 am
Neighborhood Place of Kona <i>Conference Room</i>	October 27 (Wed) at 6:00 pm - 7:30 pm

This workshop will review strategies on how to identify healthful foods by using the Dietary Guidelines for Americans 2005 and food labels as informative tools. There will be 'hands-on' exercises of comparing actual food labels, with the intent on choosing the 'nutrient dense' option. Please see enclosed FAQs handout for more information. Also enclosed is a pink registration form. If you and others in your program are interested in attending, please submit (email, fax or mail) this form to the address indicated on the form. You will receive a confirmation and specific directions to the site upon receipt of your registration form.

All information and forms are also available on our website at: <http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm>. Contact Kimberly at (808) 956-4124 or via email at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) for updated information or any other questions that you may have.

## Menu Reviews

All licensed child care programs should strive to serve meals and snacks that follow the general USDA CACFP meal pattern and portions. Some licensed child care programs are required to have their meal and snack menus reviewed annually by a qualified nutritionist as part of their licensing process or as part of their participation with the USDA Child and Adult Care Food Program. The Hawaii Child Care Nutrition Program provides this service for **free**.

By working with the Hawaii Child Care Nutrition Program to review your menus, you can assure your children's parents and caregivers that the meals you serve are safe, appropriate and balanced.

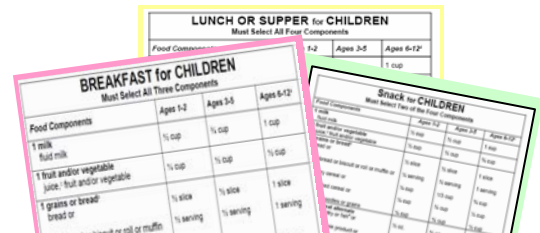
HCCNP kindly asks providers to plan for about 4-6 weeks for a menu review to be completed.



In order to help expedite the review process, HCCNP asks providers to include the following when submitting menus:



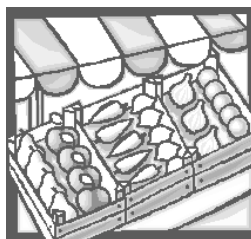
- serving size information (ie cups, ounces, slices, etc.)
- type of milk (ie. 2%, 1%, etc.) and juice brand names



Sample menus, a menu planning toolkit and other handouts and resources can be found at: <http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm>. Please contact Kimberly if you have any questions, comments or concerns [hccnp@hawaii.edu or (808) 956-4124].

## Did You Know? Seasonality is the Way to Go!


Seasonality is a term used to indicate usually when a fruit or veggie is in its peak harvest time and when it is most fresh. Oftentimes, when a fresh fruit or veggie is in season, it will go on sale at the supermarket. This is a great time to buy such produce, since it will usually taste great and it can also help you save money!



Check out the "Island Fresh Buy Local It Matters— Seasonality Guide for Hawaii's Fruits & Veggies" available on the website listed below, to see when your favorite fruits and veggies are usually in peak season, here in Hawaii:



<http://www.ctahr.hawaii.edu/NEW/HCCNP/ShopSmarttoolkit.htm>

 <small>University of Hawaii at Manoa, College of Tropical Agriculture &amp; Human Resources, Department of Human Nutrition Food and Animal Sciences &amp; Department of Family &amp; Consumer Sciences Cooperative Extension Service www.ctahr.hawaii.edu/NEW</small>		
<i>Island Fresh</i> <b>Buy Local It Matters</b> Join the movement!		
A Seasonality Guide for Hawaii's Fruits & Veggies		
Fruit	Peak Season	Look For
Atemoya	November - December	Pale green, thin-skinned and tender, with no blemishes or cracks in the skin.
Avocado	November - February	Heavy for size, firm skin and no black or soft spots. When ripe, skin is tender and yields to the touch.
Banana	June-October	Firm skin and slight green on stem and tip with no bruises.

This guide also provides handy tips and suggestions for buying and choosing fruits and veggies at the market. Check it out!



## Fall Workshops 2009

HCCNP conducted workshops this past fall entitled, "Get the Facts! Nutrition Facts." Seven workshops were held from September through October 2009 throughout the state. Nineteen individuals - day care providers, and other child care providers from thirteen different programs, various agencies, early childhood education programs attended the workshops.

This workshop was developed to help provide practical information on how to interpret the vast array of information on food package labels. Nutrient content claims, like "low fat" or "sugar free" in addition to health claims and also the different parts of the nutrition facts panel—including the % daily value were reviewed.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110

Participants also learned how to identify food products that may contain potential food allergens or traces thereof. Participants learned about the Food Allergen Labeling and Consumer Protection Act of 2004, which requires that product label ingredients lists must clearly identify the ingredients of the 8 most common food allergens.

Here are some quotes from workshop participants:

*"(I liked..) all of the useful information in reading labels, being able to talk with other providers about food concerns."*

*"Excellent information and presented very well."*

The complete toolkit for this workshop can be found on our website at:  
<http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm>  
 It is located under the section titled: **"Presentations/Trainings."**

## Speaking Engagements

HCCNP participated in one conference this past program year - the Hawaii Association for the Education of Young Children's 2009 Hawaii Early Childhood Conference, held on October 10, 2009. Participants learned strategies for "Shopping Smart at the Grocery Mart."



This workshop covered tips on buying nutritious *and* delicious foods for their children while employing cost-saving strategies. Participants were engaged throughout the workshop with interactive activities that focused on unit pricing and keeping food safe to help prevent food waste. Striving for a balanced diet and including a variety of foods in their meals and snacks was stressed, noting that shopping for fresh produce in season OR looking at other *forms* of fruits and veggies besides *fresh* can save some money over time.

\*Do you know what the 5 different **forms** of fruits and vegetables are?



- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

(\*answers can be found on at the bottom of page 4 or on our website at:  
<http://www.ctahr.hawaii.edu/new/hccnp/ShopSmarttoolkit.htm> )



## Recipe: Somen Salad

**Number of Servings:** 6

### **Ingredients:**

- 1 (9-ounce) package somen noodles
- 1 head romaine lettuce
- 1 medium carrot
- 1 (6 ½-ounce) block fish cake
- Optional: 1 cup leftover meats, imitation crab, OR char siu
- ¼ cup green onions

### Dressing:

- 1 teaspoon salt
- ¼ cup sesame oil
- ¼ cup soy sauce
- 2 tablespoons water
- ⅓ cup sugar
- ½ cup vinegar
- Optional: ¼ cup sesame seeds

### **Directions:**

1. In a medium pot, COOK somen noodles. SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and Optional items: meats, crab, OR char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake (Optional: meats, crab, char siu, and green onions).
7. COVER and REFRIGERATE until ready to SERVE.
8. In a jar, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar and Optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

### **Variations:**

- Soba noodles may be used.
- Other vegetables may be used.

For more recipes, please visit our website at:  
<http://www.ctahr.hawaii.edu/new/cookbook.htm>

## Nutrition Tip:

### *Fuel Your Bodies with a Healthy Breakfast*

Why is breakfast so important? Breakfast is the fuel that keeps our bodies moving throughout the day.

Children who eat breakfast do better in school, have better concentration and do better at problem solving, and are more likely to participate in physical activities, in addition to having more strength and endurance.

Here are some quick and easy breakfast ideas:

- Fruit smoothie (fruit & milk swirled in a blender)
- Breakfast taco (grated cheese on a tortilla, folded in half, microwaved & topped with salsa)
- Yogurt with fruit
- Sandwich (grilled cheese, PB & J)

## Mailing List: Going Green!

Thanks to those who signed up to be on our e-mail listserv! If you are interested in getting



our quarterly newsletter via e-mail instead of traditional mail, please e-mail Kim at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) .

You can help to conserve our limited resources!

## Contact Information:

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

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

Website:  
[www.ctahr.hawaii.edu/new/hccnp](http://www.ctahr.hawaii.edu/new/hccnp)

*\*Answers to fruit & veggie question on page 2: 1) fresh 2) frozen 3) canned 4) dried 5) 100% juice (in any order)*