



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp



Message from Project Coordinator

Fall, 2011

Aloha! 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 will introduce our 2012 spring workshop topic & *tentative* workshop schedule. Also included is information about the recently released **MyPlate** & a healthy recipe. Have a wonderful, happy & safe holiday season!

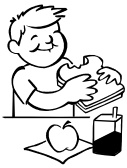


Sincerely,

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

Spring 2012 Workshops: Save the Date!

The Hawaii Child Care Nutrition Program will again be offering free workshops next Spring starting February 2012. The topic will be:



"Eat & Move Towards a Healthy Future"



Childhood obesity and obesity related conditions are growing problems in our country. *Since 1980, the prevalence of obesity among children and adolescents has almost tripled.

As a childcare provider, you have the opportunity to help young children eat and move towards a healthier future. Join us as we discuss factors contributing to childhood obesity and strategies to help make positive health changes in our future generations.

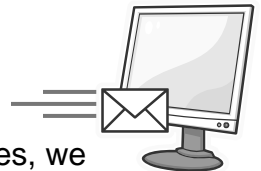
Please look for updated schedule information and registration forms that will be sent out with our next 'new year' newsletter or contact Kimberly at (808) 956-4124 or via email (hccnp@hawaii.edu) for more specific information.

*Tentative 2012 Workshop Schedule:

These dates are **tentative** and specific locations are to be determined.

Area	Date
Kauai	Feb 4 (Sat)
Honolulu	Feb 10 (Fri) & Feb 11 (Sat)
Leeward Oahu	Feb 24 (Fri) & Feb 25 (Sat)
Kona	Mar 2 (Fri)
Hilo	Apr 14 (Sat)
Maui	Apr 21 (Sat)
Windward Oahu	May 4 (Fri) & May 5 (Sat)

Mailing List: Go Green!



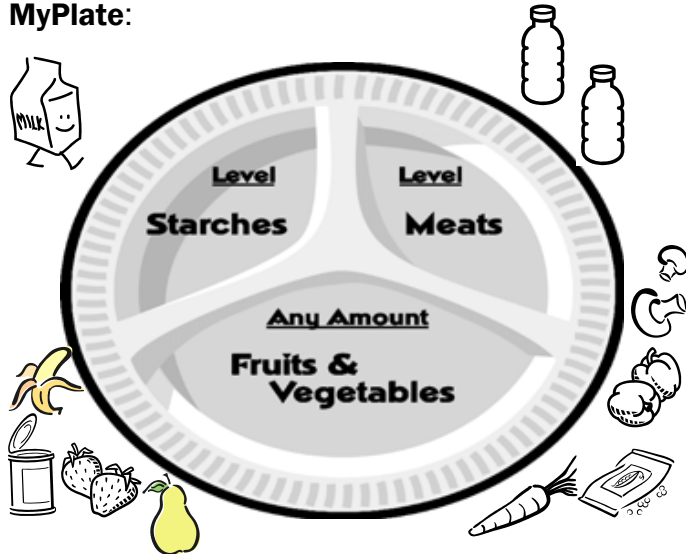
In an effort to conserve resources, we can send our quarterly newsletters by e-mail instead of traditional mail. *If you're interested, please e-mail Kim at hccnp@hawaii.edu and indicate what school you are from.*

*Data & Statistics. Centers for Disease Control & Prevention. 2011. October 10, 2011. <<http://www.cdc.gov/obesity/childhood/data.html>>

ChooseMyPlate.gov

The Dietary Guidelines for Americans 2010 focuses on balancing calories by choosing foods to eat more often and cutting back on foods to eat less often. It is intended for Americans ages 2 years and older.

You can apply the Dietary Guidelines with **MyPlate**:



- Fill **half** your plate with *colorful*, different forms of fruits & vegetables. Pile them as high as desired, and go back for seconds of fruits and veggies if you're still hungry.
- Fill a **fourth** of your plate with starches and grains $\frac{1}{4}$ inch high, choosing *whole grains* when possible, such as brown rice or whole wheat bread.
- Fill a **fourth** of your plate with *lean* meats and protein foods, such as beans, nuts and seafood.
- *Drink water often, *with* and *between* your meals
- *Choose 1% or lowfat milk.

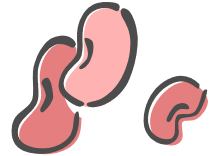
Go to www.ChooseMyPlate.gov and www.ctahr.hawaii.edu/NEW for more information.

Recipe: Bean Salad

Number of servings: 14

Ingredients:

- 4 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
- 1 small round onion
- 1 medium carrot
- 1 clove garlic
- $\frac{1}{2}$ cup vinegar
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon pepper
- Optional: 2 teaspoons oregano



Directions:

1. DRAIN and RINSE beans. SET aside.
2. SLICE onion and carrot into strips. SET aside.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, onion, carrot and garlic.
5. In a small jar, COMBINE vinegar, sugar, and pepper together. Optional: ADD oregano. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:

Dry beans may be used. Cook according to package directions.

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

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