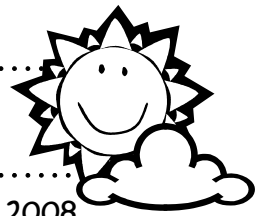




# Hawaii Child Care Nutrition Program

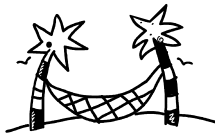


Summer, 2008

## Message from Project Coordinator

Aloha! Thank you for your continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services. As we enter our fourth program year, we will strive to improve existing services and provide general nutrition information for those who serve pre-school aged children. This newsletter will highlight activities done this past program year (2007-2008) including menu reviews, speaking engagements, and workshop information. Nutrition tips and a recipe are also included.

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, RD  
Project Coordinator,  
Hawaii Child Care Nutrition Program

## Menu Reviews

Some licensed child care programs are required to have their meal and snack menus reviewed 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. HCCNP provides this service for free. This past program year (2007-2008) saw an overall increase in the number of nutrition reviews completed (Table 1). Specifically, 150 reviews, targeting over 7,000 children, were done.

It took 10.2 working days, on average, to complete a review. This was a little longer than the 8.6 working day average from last year due to the request for submissions of menu revisions during the menu review process. Although reviews are done within a few weeks, HCCNP kindly asks providers to plan for about 4-6 weeks for a review to be completed.

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

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

Sample menus, other handouts and resources can be found at:

<http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm>. Please contact Kimberly if you have any questions, comments or concerns [[hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) or (808) 956-4124].

Table 1		
Menu Reviews Completed		
	2006-2007	2007-2008
Kona	25	27
Hilo	10	2
Maui	24	17
Hawaii I	28	55
Hawaii II	28	37
Kauai	4	12
<b>Total</b>	<b>119</b>	<b>150</b>

## Speaking Engagements

The Hawaii Child Care Nutrition Program participated in one conference this year – the Hawaii Association for the Education of Young Children (October 5-6, 2007). The topic presented was “Get the Facts: Nutrition Facts!” This workshop was developed to help those who have always wondered what claims like “low fat” or “sugar free” really mean. This workshop covered some of the definitions of nutrient content and health claims, and also the different parts of the nutrition facts panel—including the % daily value.

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. Do you know what they are?

### Here are some helpful hints:

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

1. M \_ \_ K



2. \_ G G




3. F \_ S H

4. W H \_ A T



5. C R \_ S T A C E \_ N S H E \_ L F I S \_

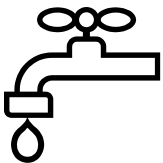
(ie crab, lobster, )

6. T \_ E E N \_ T S (ie almonds, walnuts, pecans)

7. P E \_ N U \_ S



8. S O \_ B E \_ N S



### Nutrition Tip: Water

The summer months are finally here! That usually means that the sun is out and temperatures are high. The next time you have a picnic at the park or outing at the beach, be sure to pack a water bottle and drink often to stay hydrated.

You might be thinking, “Is water really that important for my body?” Yes! With more than half of your body weight made of water, you couldn’t survive for more than a few days without it.

Do not wait until you are thirsty to drink water—you may already be slightly dehydrated.

Thirst is usually an indicator that body fluids are well below required levels for optimal function.

### Replenish water in your body:

- Drink plain water. Add a slice of lemon or lime.
- Eat foods with higher water content such as fruits and vegetables.
- Add seltzer or sparkling water to small amounts of 100% fruit juice.
- Combine ice and fruit in a blender to create a slushy, cool and refreshing drink.
- Carry a water bottle in the car, at home and at work.
- Ask for water when dining out.

*Drink water often  
and stay healthy!*





## Did you know?

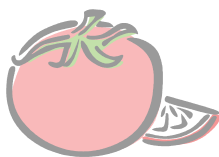
We often hear about eating more fruits and vegetables with our meals and snacks because they have important nutrients, like vitamins and minerals that help to keep us healthy. This may seem to be a challenging task, but did you know that all forms of fruits and vegetables count?



Fresh, frozen, canned, dried and 100% juice all count towards the daily goal of getting 'more.' So when fresh fruits and vegetables are unavailable or too expensive, try choosing frozen or canned varieties that serve as healthful and convenient alternatives. These alternatives hopefully help to increase the variety of options available to suit the taste of you and your keiki all year round.

### Recipe: Quesadillas

Number of servings: 5



#### Ingredients:

- 1 tomato
- 2 cups grated cheese
- 1 (10-count) package small flour tortillas
- Optional: bell peppers
- round onions
- taco sauce
- beans: kidney, pinto, OR refried

#### Directions:

1. DICE tomatoes and other optional ingredients. SET aside.
2. GRATE cheese.
3. In a large skillet/pan, PLACE tortilla to warm.
4. SPRINKLE tomato and cheese on tortilla.
5. ADD optional ingredients on top of tortilla: CHOP bell peppers OR round onions, taco sauce, and beans.
6. PLACE a second tortilla on top.
7. HEAT until cheese is melted.
8. CUT into wedges like a pizza.

#### Variations:

Use other vegetables.

For more recipes, please visit our website at:

<http://www.ctahr.hawaii.edu/new/cookbook.htm>

### Contact Information:

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



### Program Future: We need your help!

Please help us:

- Identify caterers/vendors that provide meals to your preschool
- Topics for future presentations and workshops

*Answers to word game on page two: (1) milk (2) egg (3) fish (4) wheat (5) crustacean shellfish (6) tree nuts (7) peanuts (8) soybeans*