



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp



Message from Project Coordinator

Spring, 2017

Aloha! We sincerely appreciate everyone's continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services.

This newsletter includes a reminder about our on-going "*Meal Pattern Update*" workshops and an update about some of our online menu planning resources. As always, we've also included a simple recipe—this one in particular can help you and your children enjoy more vegetables! If you have any questions, please contact Kimberly at (808) 956-4124.



Sincerely,

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

Spring Workshops:

Since February, HCCNP has been conducting **free** workshops throughout the state discussing the new USDA meal pattern requirements. All licensed centers serving food must adhere to these new requirements by October 1, 2017.

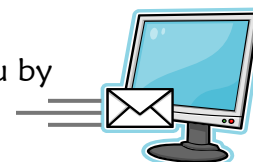
We have a few remaining sessions scheduled:

Location	Dates & Times	*RSVP by...
Maui College (Kahului) Community Service Building	Saturday, April 8 9:00 am—10:30 am	Noon Friday, 3/31/2017
Pearl City Urban Garden Center Classroom portable	Wednesday, April 19 at 5:00 pm—6:30 pm Saturday, April 22 at 9:00 am—10:30 am	Noon Wednesday, 4/12/2017
Kauai PATCH Office Lihue	Monday, April 24 5:30 pm—7:00 pm	Noon Monday, 4/17/2017

If you are interested in attending one of the remaining sessions, please turn in a registration form, available at: www.ctahr.hawaii.edu/new/hccnp. You will subsequently receive a confirmation form. If you do not receive a confirmation form, please contact Kimberly at hccnp@hawaii.edu or (808) 956-4124 to ensure that your seat is confirmed. **Please note that registration forms must be **received** by the RSVP dates noted above.* HCCNP hopes you can join us!

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 Kimberly at hccnp@hawaii.edu and indicate which school you are from.*



Resources: Updated Menu Planning handouts

As you may already know, USDA has updated their meal pattern requirements, which aim to encourage meals and snacks that include a greater variety of fruits and vegetables, more whole grains, in addition to foods & beverages with less added sugars and saturated fats.

HCCNP has updated many of our menu planning resources on our website to reflect the new requirements, including:

- **Nutrition Checklist**—use this checklist to assess whether your center is on par with the latest meal pattern requirements in addition to basic recommended nutrition practices for children
- **USDA Component Guideline Meal Pattern Charts for Breakfast, Lunch/Supper and Snacks**—these charts detail the basic meal pattern requirements in addition to the recommended portions of foods and beverages to offer, based on the ages of children you serve
- **Menu templates for Breakfast, Lunch/Supper and Snacks**—use these menu templates to plan your meals and snacks
- **Grains & Breads Serving Size Chart**—use this chart as a guide for finding creditable grains and identifying appropriate, recommended portion sizes for young children



If you serve food at your center, please take a moment to review these updated resources available at: www.ctahr.hawaii.edu/new/hccnp/preschools.htm. HCCNP will be continuing to update our online resources, so check back periodically to stay up to date on all the new requirements.

If you have any questions or need assistance in making changes to your menus, please don't hesitate to contact Kimberly for more information.

Recipe: Vegetable Namul

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1½ cups water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons less sodium soy sauce

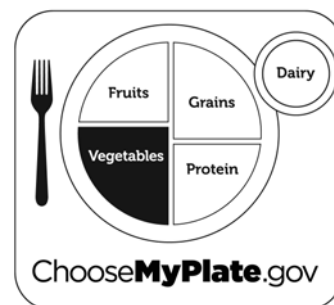
Optional:

- ⅛ teaspoon cayenne pepper OR red pepper
- 1 teaspoon sesame seed

Directions:

1. MINCE garlic.
2. GRATE carrot.
3. RINSE watercress well. Remove undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. BOIL 1½ cups water.
5. Place watercress in boiling water for 3 minutes.
6. DRAIN thoroughly.
7. In a large bowl, add garlic, sesame oil, sugar, and soy sauce. MIX well.
8. Add carrot and watercress. MIX well.
9. *Optional:* Add cayenne pepper or finely chopped red pepper and sesame seeds.
10. Cover and refrigerate until ready to serve.

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



Contact Information:

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

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

Website:

www.ctahr.hawaii.edu/new/hccnp