



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp



Message from Project Coordinator

Spring, 2018

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 "*GRAINS 101*" workshops and a food safety tip for parents or anyone who packs a home lunch. As always, we've also included a simple recipe—this one is a crowd favorite that can be used for lunches or snacks! 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: GRAINS 101

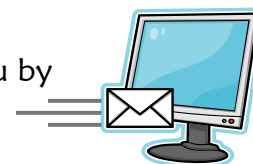
Since February, HCCNP has been conducting **free** workshops throughout the state highlighting how you can identify creditable grains to serve in your schools, as well as whole grains in the marketplace. Consider joining us as we will also be sharing different ways that you can enjoy a wide variety of grains in your school and at home. We have a few remaining sessions scheduled:

Location	Dates & Times	*RSVP by...
Pali View Baptist Preschool (Kaneohe)	Monday, April 9 at 5:00 pm—6:30 pm Saturday, April 14 at 9:00 am—10:30 am	Noon Monday, 4/2/18
University of Hawaii-Manoa Agricultural Sciences Bldg #219	Wednesday, April 18 at 5:00 pm—6:30 pm Saturday, April 21 at 9:00 am—10:30 am	Noon Wednesday, 3/28/18
Seagull Schools (Kapolei)	Wednesday, April 25 at 5:00 pm—6:30 pm Saturday, April 28 at 9:00 am—10:30 am	Noon, Wednesday, 4/18/18

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 at 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.*



Munch on a 'Food-Safe' Home Lunch

For parents who pack home lunches for their children, convenience and taste may be their biggest concerns. However, food safety can be an issue because harmful bacteria can multiply rapidly in food when kept in the “*Danger Zone*” (temperatures between 40-140°F, which include room temperature here in Hawaii).

By following a few tips and strategies, parents can help to keep home lunches safe by handling, cooking and packing perishable items safely. Share these tips with your parents:

- When buying and preparing foods, do not leave perishable items out at room temperature for more than 2 hours
- Always wash your hands for at least 20 seconds before handling food
- Do not reuse packaging because it could contaminate other food
- Pack only the amount of perishable foods that can be eaten at lunch to avoid any perishable leftovers
- Freeze water bottles or juice boxes for ‘home-made’ ice packs
- Use insulated lunch boxes or bags with at least two ice packs (on top and bottom of perishable food) to help keep things cold
- Freeze sandwiches overnight, but add the veggies and condiments right before packing the lunch as these items do not freeze well
- In the classroom, keep coolers in a *cool* place, or in a refrigerator, if available, with the cooler lid open

Consider using these shelf-stable foods for home lunches, which do not require refrigeration:

- | | |
|--------------------------|------------|
| • WHOLE fruits & veggies | • Nuts |
| • Dried fruits | • Breads |
| • Unopened canned fruit | • Crackers |
| • Peanut butter | |

Reference:

United States Department of Agriculture Food Safety and Inspection Service. *Keeping Bag Lunches Safe*. (2012). Retrieved March 16, 2018 from https://www.fsis.usda.gov/wps/wcm/connect/549475aa-c187-4151-b3d5-ac3bb5e819ac/Keeping_Bag_Lunches_Safe.pdf?MOD=AJPERES

Recipe: Tuna Sunshine Mix

Yield: approximately 1½ cups

Ingredients:

- 1 (5-ounce) can tuna in water
 - ½ carrot
 - ½ nonfat powdered milk
 - ¼ cup mayonnaise
 - Pepper to taste
- Optional:
- ¼ cup round onion
 - ¼ cup celery
 - 2 tablespoons pickle relish



Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise and pepper together.
4. Optional: DICE onion and celery, and add with relish to mixture.
5. Cover and refrigerate until ready to serve.

Variations:

Use as a sandwich spread, cracker topping or as a vegetable dip.

In place of powdered milk, add ¼ cup shredded cheese and ¼ cup dry farina (cream of wheat) cereal.

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

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