



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp

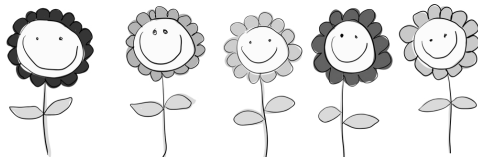


Message from Project Coordinator

Spring, 2009

Aloha! Thank you for your support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services. This newsletter will highlight a helpful nutrition tip, nutrition checklist and a healthy recipe.

Please let me know if you have any questions, comments or concerns. I can be reached via e-mail at hccnp@hawaii.edu or at (808) 956-4124. We look forward to working together in the future for the health and safety of our children.

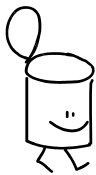


Sincerely,

Kimberly Kanechika, RD
Project Coordinator
Hawaii Child Care Nutrition Program

Did you know? *All Forms Count*

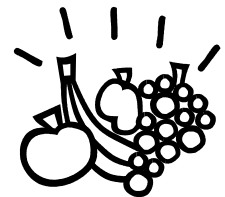
We often hear about eating more fruits and veggies with our meals and snacks because they have important nutrients that help to keep us healthy. This may seem to be a challenging task, but did you know that all forms of fruits and veggies count?



Fresh, frozen, canned, dried and 100% juice all count towards the daily goal of getting 'more.' So when fresh fruits and veggies are unavailable, not in season or too expensive, try choosing frozen, canned or dried varieties that serve as healthful and convenient alternatives. These alternatives also help to increase the variety of options available to suit the taste of you and your keiki all year round.

Here are just a few helpful tips to get more fruits and veggies in your meals & snacks:

- Top hot or cold cereal, pancakes, waffles, yogurt, or salads with fruit.
- Serve raw veggies with an easy-to-fix dip.
- Add veggies to sandwiches.
- Put fruits and veggies in easy to reach places. Keep cut up veggies, such as carrots and celery sticks, in the refrigerator.
- Add shredded or leftover vegetables to salads, meat sauces or meat loaf.



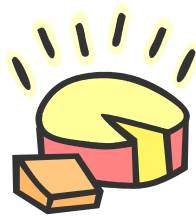
For more information about fruits & veggies, visit:
www.fruitsandveggiesmorematters.org/

Nutrition Checklist

The following checklist was created by your licensing workers as a screening tool to ensure your center generally meets licensing requirements with respect to nutrition. Does your center meet standards?

Yes No

- Are dated menus posted or visible for all meals and snacks served?
- Are the USDA required meal components being met, and is there adequate food for each child being served?
- Do the meals served match the written menu for the day?
- Is there adequate time for children to eat, and spacing between meal times?
- Are the meal portions adequate and the food developmentally appropriate?
- Are age appropriate furniture and utensils used for meal times?
- Do the food items served look appealing, age appropriate, and fresh?
- Is the environment calm, pleasant, and unhurried during meals?
- Food is not used as a reward or punishment.
- Children and servers wash hands before meals.



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www.ctahr.hawaii.edu/new/hccnp/fccp.htm

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.