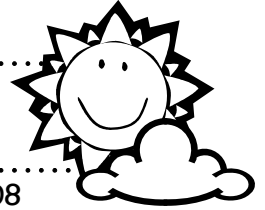




# Hawaii Child Care Nutrition Program



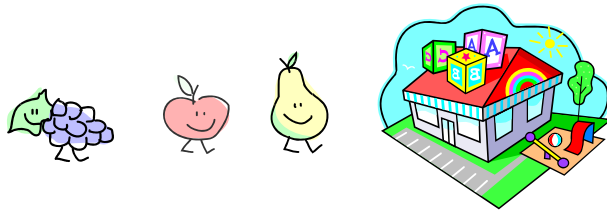
Fall, 2008

## Message from Project Coordinator

Aloha! Thank you for your support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services. Our goal is to help promote the health and safety of our children by providing support and technical assistance to child care providers state-wide in meeting licensing requirements with regards to nutrition.

Due to recent feedback received from child care licensing staff and family child care providers throughout the state, we realized that many family child care providers are interested in learning more about nutrition. We will strive to disseminate nutrition information to help ensure that healthful meals and snacks are served safely to our children. This is the first newsletter which will highlight the benefits of getting your menus reviewed, a nutrition tip 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](mailto: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

## Menu Reviews

Meals and snacks provided by child care providers are required to meet guidelines set forth by the United States Department of Agriculture (USDA). It is necessary for providers to have their menus reviewed by a qualified nutrition consultant to help ensure that healthful meals and snacks are offered to children in a safe and appropriate manner. The Hawaii Child Care Nutrition Program (HCCNP) provides this service free to providers that are not a part of the USDA Food Program through PATCH.

Although reviews are usually done within a two week period, HCCNP asks providers to **allow 4-6 weeks** for a review to be completed. In order to help expedite the process, HCCNP asks providers to include the following when submitting menus:

- Serving size information
- Type of milk (2%, 1%, etc.)
- Juice brand and flavor



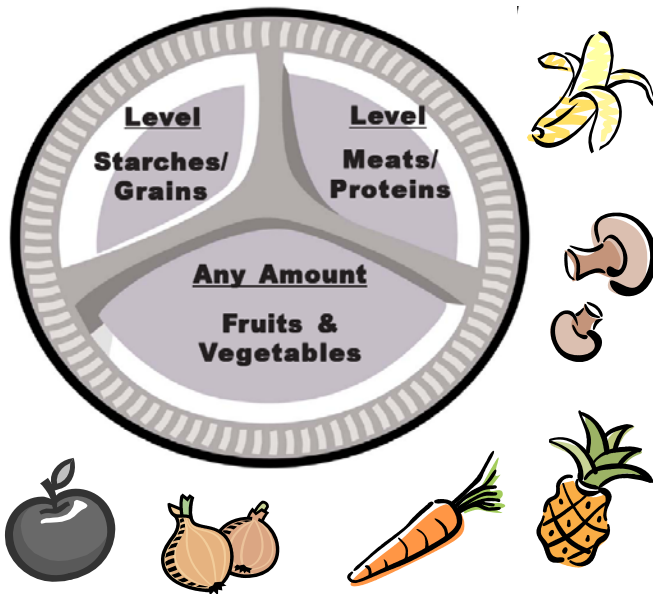
Explore the component guidelines, sample menus and other handouts for tips when planning your menus at our website at: [www.ctahr.hawaii.edu/new/hccnp/fccp.htm](http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm)

Here you will find many *free* resources and information on how to set up a healthful menu for your keiki – whether it be for meals and, or snacks.

There are also educational materials on various nutrition topics like educating parents on creating healthful home lunches or tips on reading and understanding the different parts of food labels.

Please contact Kimberly if you have any questions, comments or concerns ([hccnp@hawaii.edu](mailto:hccnp@hawaii.edu), (808) 956-4124).

## Nutrition Tip: Plate Method



What should I eat? Are starches good for me? How much is an appropriate serving? Nutrition information can be so confusing. Instead of memorizing how much of all different types of foods we should be eating, try to eat by following the “plate method.”

Fill half of your plate with fruits and veggies. Pile as high as you wish. A starch, like brown rice, pasta or bread fills a fourth of the plate and a protein food like chicken, beans or fish fills the remaining fourth of the plate.

What if I’m still hungry? Can I eat more food? Sure! Just eat proportionately. See the healthy salad dressing “Ranch Style Dip” below to add some character to your salad and veggies.

## Recipe: Ranch Style Dip

**Yield:** approximately 2 cups

### **Ingredients:**

- 2-4 tablespoons water OR nonfat milk OR low fat milk
- 1 (16-ounce) container lowfat cottage cheese
- 1 ounce package Ranch-style dressing mix

### **Directions:**

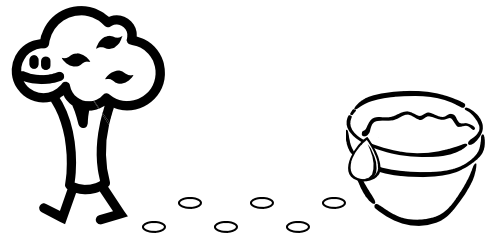
1. In a blender, PLACE water OR milk, cottage cheese and Ranch-style dressing mix and BLEND at medium to high speed.
2. For thinner consistency ADD more water or milk.
3. POUR mixture into a medium jar, CHILL until ready to serve.

### **Variations:**

Instead of Ranch-style dressing mix, use:

- 1/2 teaspoon onion powder OR 2 tablespoons round onion
- 1/2 teaspoon pepper
- 1-2 teaspoons dill weed
- 1/2 teaspoon garlic powder

Serve with favorite “dippers” (cherry tomatoes, cabbage, lettuce, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)



## Contact Information:

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