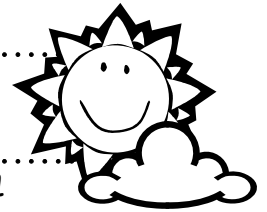




Hawaii Child Care Nutrition Program



Summer, 2011

Message from Project Coordinator

Aloha! Thank you for your continued support for the Hawaii Child Care Nutrition Program (HCCNP), a project funded by the Hawaii Department of Human Services.

This newsletter will highlight some activities done this past program year including speaking engagements and workshops. Also included are a few helpful healthy tips & a delicious 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
Project Coordinator,
Hawaii Child Care Nutrition Program

Save the Date! "Shopping Smart at the Grocery Mart Workshops"

Food can be expensive, especially if you're trying to serve nutritious foods at your center. Come join HCCNP and fellow providers as we learn strategies for "Shopping Smart at the Grocery Mart." Participants will learn strategies on how to cut costs on various foods, like fruits and vegetables, in addition to "shopping smart" techniques that can also help to save time as well. Here are some quotes from people that have participated in this training in the past:

"Simple ideas I can implement at my site that I didn't realize—so easy..."
"..I thought I would just get info for school—but will help with personal life as well."

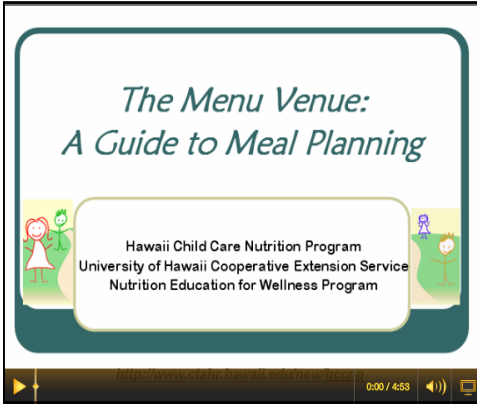
Time will be reserved at the end of the workshop for questions regarding menu planning or other related nutrition issues and concerns. Please submit (email, fax or mail) the enclosed blue registration form to the address indicated if you are interested in attending. You will receive a confirmation form and specific directions to the site upon receipt of your registration form.

TENTATIVE FALL 2011 WORKSHOP SCHEDULE

| Location | Date & Time |
|---|---|
| Kauai Community College <i>Off of Cont Ed & Training 106C</i> | September 28 (Wed) at 5:30 pm - 7:30 pm |
| Hilo <i>Hawaii County Aupuni Center</i> | October 12 (Wed) at 5:30 pm - 7:30 pm |
| Queen Lili'uokalani Children's Center <i>Ko'olau Poko Unit (Kaneohe)</i> | October 14 (Fri) at 5:30 pm - 7:30 pm October 15 (Sat) at 9:00 am - 11:00 am |
| University of Hawaii at Manoa <i>Agricultural Science Building #306</i> | October 21 (Fri) at 5:30 pm - 7:30 pm October 22 (Sat) at 9:00 am - 11:00 am |
| Pearl City Urban Garden Center <i>Classroom</i> | October 28 (Fri) at 5:30 pm - 7:30 pm October 29 (Sat) at 9:00 am - 11:00 am |

All information and forms are also available on our website at: <http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm>. Contact Kimberly at (808) 956-4124 or via email at hccnp@hawaii.edu for updated information or any other questions that you may have.

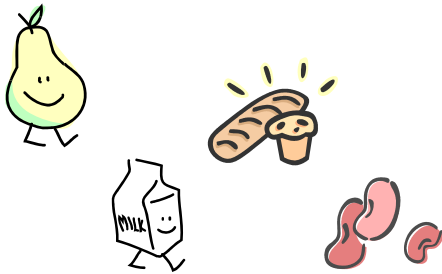
NEW! WEBCAST



All licensed child care programs should strive to serve meals and snacks that follow the general USDA Child and Adult Care Food Program meal pattern and portions. HCCNP encourages all interested providers who are not enrolled in the USDA food program to contact us to review your menus, free of charge. We can provide guidance to help ensure that meals and snacks served to your children are balanced, appropriate and safe.

For those needing guidance on setting up balanced meals and snacks, we have a new webcast available on our website:

<http://www.ctahr.hawaii.edu/new/hccnp/>



“The Menu Venue—A Guide to Meal Planning” webcast gives a brief overview of planning meals and snacks that generally follow the USDA meal patterns. Other tips concerning inclusion of a variety of foods, such as all forms of fruits and vegetables, feeding schedules and more are shared in this webcast. A variety of other menu planning resources are also available on our website for your ongoing reference.

If your program is not enrolled in the USDA food program and you are interested in getting your menus reviewed free of charge, please don't hesitate to contact Kimberly at hccnp@hawaii.edu or at (808) 956-4124.

Speaking Engagements



HCCNP participated in one conference and at a few professional development events throughout this past program year.

On October 9, 2010, HCCNP presented our recent “Delightfully Delicious Discoveries in the Classroom” workshop at the Hawaii Association for the Education of Young Children’s 2010 Hawaii Early Childhood Conference. Participants were able to learn about the countless benefits of teaching children about food, in addition to getting the opportunity to participate in a hands-on activity that got everyone thinking about food. The toolkit provides ideas for activities that cover topics ranging from food safety concepts to sources of food to cooking simple recipes safely.

HCCNP also took some time to speak to aspiring young child care and nutrition professionals at Honolulu Community College’s Healthy Young Children classes and the University of Hawaii at Manoa’s Community Nutrition class, respectively. Students were informed about HCCNP and our services as it affects the young children of Hawaii, with the hopes that healthy eating can be integrated in with their future endeavors and passed on throughout the generations to come.

Nutrition Tip: Re-Think Your Drink

Eating smart not only involves choosing healthful *foods*, but it also involves consuming nutritious *beverages*. According to recent trends, many people are consuming more soft-drinks, which include beverages like soda, fruit drinks (with less than 50% juice), energy drinks and sports drinks.

Aside from the extra calories that soft-drinks provide in the form of sugar or caloric sweeteners, such drinks can also:

- increase the risk for dental caries
- potentially replace valuable nutrients normally obtained when drinking milk or 100% fruit or vegetable juices

If you are unsure if your beverage is a sugar-sweetened beverage, look for some of these sweeteners on the ingredients list of food labels:

- High-fructose corn syrup
- Honey
- Sugar
- Fruit juice concentrates
- Corn syrup
- Syrup
- Sucrose
- Dextrose



So, what can we do to improve the beverage choices for our children? When serving meals or snacks, consider offering more:

- Low fat or fat free milk (children 2 yrs & up)
- Water



If 100% juice is served in your center, do so only occasionally. Consider serving more 'whole' fruits and vegetables, like the fresh, frozen, canned and dried forms more often than the juice form.



Also strive to be good role models by making healthy beverage choices yourselves. Have water easily accessible to you and your children throughout the day.

Reference:
Bates T, Albright J, Andersen K, Beth D, Dunn C, Ezzell J, Schneider L, Sullivan C and Vodicka S. Re-Think Your Drink. February 2008. Available at www.eatsmartmovemeorenc.com

Fall Workshops 2010

HCCNP provided six workshops on "Nutrition Facts & Healthy Snacks" for family child care providers throughout Oahu and on Maui and in Kona during September and October of 2010. Nineteen individuals from 17 different centers attended these workshops.

This workshop reviewed strategies on choosing healthful foods and beverages for children's snacks by using tools like food labels and the USDA meal component guidelines. Examples were provided on minimizing intake of excess fats, sugars and salts, such as choosing lower fat dairy products or draining liquids from canned fruits and vegetables before serving.



Here are some quotes from workshop participants:

"Very educational, not just for my children, but also for my ohana."

"(I liked) being able to now read the labels with confidence and having hands on examples."

"Great workshop...very helpful. Sometimes it seems difficult to make healthy choices, but this helped me realize you can do it in everyday living."

Handouts from this workshop can be found on our website at: <http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm> under **PRESENTATIONS/TRAININGS**.

Recipe: Fried Rice

Number of servings: 9

Ingredients:

- 1 medium round onion
- 2 eggs
- 1 cup cooked meat
- 1 tablespoon oil
- 4 cups cooked rice
- 2 cups frozen peas OR mixed vegetables
- 2 teaspoons soy sauce



Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large skillet or pan HEAT oil. COOK onion & eggs.
5. ADD meat & COOK until hot.
6. ADD rice.
7. TOSS & STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables & soy sauce, MIX well.
9. HEAT until vegetables are cooked.

Variations:

Use cooked brown rice for a hearty flavor & even brown color.

Use any leftover cooked meats.

For more recipes from our Food Skills Cookbook, please visit our website at: <http://www.ctahr.hawaii.edu/new/>

Did You Know?

Potatoes are considered a *vegetable* and not a *grain* when following the USDA meal pattern food component groups? Whether they are served mashed, baked, roasted or fried, potatoes fall under the vegetable food component group.



So be sure when you plan your menus and potatoes are going to be served for either breakfast, lunch or supper, please be sure to serve a credible whole or



enriched bread or grain to generally follow the meal pattern. Credible grain options include breads, brown rice, pasta, noodles, crackers and cereals.

Contact Information:

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Website:

www.ctahr.hawaii.edu/new/hccnp



Mailing List: Going Green!

Thanks to those who signed up to be on our e-mail listserv! If you are interested in getting our newsletter via e-mail instead of traditional mail, please e-mail Kim at hccnp@hawaii.edu . Please provide your name and mailing address.

You can help to conserve our limited resources!