



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp

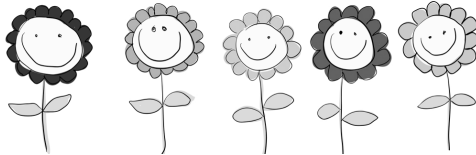


Message from Project Coordinator

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 our upcoming workshop's topic and schedule, nutrition checklist and a healthy recipe. Also enclosed is information and forms regarding workshop registration.

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

Workshops: Save the date!

The Hawaii Child Care Nutrition Program (HCCNP) will be offering **free** workshops across Oahu, starting early May 2009. The topic will be:

- Helping Our Keiki Eat Healthfully & Happily



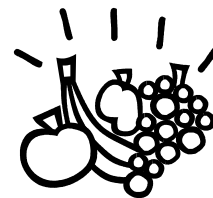
This workshop will feature an introduction to HCCNP and its free services, in addition to general healthy eating practices and attitudes for young children.

After attending the workshop, you will receive a certificate of completion, to show your efforts of continuing education in the core area of "Health, Safety and Nutrition."

Please refer to the enclosed flyer for more specific schedule information. Also enclosed is a registration form. If you are interested in attending, please submit (email, fax or mail) this form to the address indicated on the form, as space is limited. You will subsequently receive a confirmation letter to confirm your registration.

All information and forms can also be accessed from our website at: www.ctahr.hawaii.edu/new/hccnp/fccp.htm

You may also call (808-956-4124) or email (hccnp@hawaii.edu) for updated information and for any other questions that you may have.

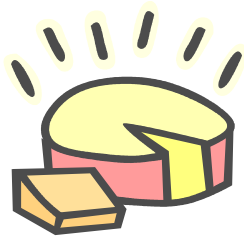


Nutrition Checklist

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.



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/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.