



# Hawaii Child Care Nutrition Program

[www.ctahr.hawaii.edu/new/hccnp](http://www.ctahr.hawaii.edu/new/hccnp)



## Message from Project Coordinator

Fall, 2018

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.

It is hard to believe, but it has been more than a decade that I have been coordinating HCCNP. It has been a great experience getting to know all of you and to hear about and see all of the great things that you are doing to help your children eat healthfully! However, it is with a heavy heart that I share with all of you that I will be leaving the program. I have decided to focus on my family, and will be stepping away from work for the time being.

HCCNP will still however, be available to review your menus, free of charge. I am pleased to announce that Ms. Keng-I Lin, who also is a Registered Dietitian, will be available to conduct menu reviews for you on behalf of HCCNP for the remainder of the project year. Please see the article below for more information about our free menu review service.

This newsletter also includes an article about whole grains, as well as tips on how to safely use a slow cooker to conveniently cook your meals. This time, we included an easy, local slow cooker recipe—Lau Lau Stew. Please contact HCCNP if you have any questions or concerns: [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) or at (808) 956-4124. It has been a pleasure servicing all of you over the years and I wish you and all of your children the best!



Sincerely,  
*Kimberly Prochnow*  
HCCNP Project Coordinator

## Free Menu Reviews

As mentioned above, HCCNP will continue to provide free menu reviews throughout the next program year. Please contact Ms. Keng-I Lin at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) or at (808) 956-4124 if you have any questions about the menu review process. *\*Remember that menu reviews are required annually for Group Child Care and Infant/Toddler centers.*

Please submit the following information with your menu review request:

- Completed **Menu Review Request Form** (available on our website at [www.ctahr.hawaii.edu/NEW/HCCNP/](http://www.ctahr.hawaii.edu/NEW/HCCNP/) )
- 3 months of menus or 1 full cycle
- Serving size information (cups, ounces, pieces, etc.)
- Type of milk served (whole, 1%, skim, etc.)
- Brand names of crackers, cereals, etc.
- Identification of any whole grains served

You may email ([hccnp@hawaii.edu](mailto:hccnp@hawaii.edu)) fax ([808] 956-6457) or mail your menus to HCCNP. Sample menus, menu planning guides, templates and other handouts and resources can be found on our website.

## Do you know the difference between “whole,” “enriched,” & “refined” grains?

One of the new meal pattern requirements is to include a “whole grain rich” (WGR) food at least once daily when grains are being offered. WGR foods are those made with 100% whole grain ingredients, or at least 50% whole grain ingredients with the rest being enriched.

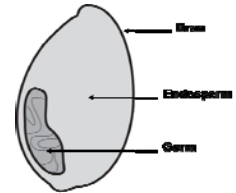
But do you know what the difference is between “*whole grains*” - “*enriched grains*” - and “*refined grains*?” Before you can identify WGR foods, you have to first understand what makes a grain “whole.”

Take a look at the picture below: this is what a whole grain seed looks like. There are 3 parts:

- (1) Bran - provides fiber, B vitamins and trace minerals
- (2) Endosperm - provides carbohydrates and protein
- (3) Germ - provides antioxidants, B vitamins as well as vitamin E

All 3 parts need to be present in order to be considered a “whole grain.”

An example of a whole grain is “**whole wheat flour**.”



Whole grains are often milled to remove the bran and/or the germ. This milling process provides a finer texture and a longer shelf life than whole grains, but all of the nutrients (including the fiber, vitamins, minerals and antioxidants) that were found in the bran and germ are also removed. When any 1 part of the whole grain seed is removed, the grain is considered a “refined grain.” An example of a refined grain is “**wheat flour**.”

Sometimes manufacturers will “enrich” these refined grains with some of the nutrients that were lost during the milling process - including the B vitamins and iron. These grains are considered “enriched grains.” An example of an enriched grain is “**enriched wheat flour**.” While enriched grains are slightly more nutritious than refined grains, it still lacks many of the good nutrients that were naturally found in the whole grain.

As you start reading labels, you might come across some grains you have never heard of before. Here is a list of some common types of whole grain ingredients:

WHOLE GRAIN INGREDIENTS		
Amaranth	Oatmeal (steel cut, instant, rolled)	WHOLE BARLEY (hulled, hull-less)
Brown rice, Wild rice	Quinoa	WHOLE CORN
Buckwheat	Sorghum	WHOLE RYE
Bulgur (cracked wheat)	Teff	WHOLE WHEAT
Groats (oat kernel)	Triticale	WHOLE WHITE WHEAT
Millet	Wheatberries (whole wheat kernel)	

Notice that all the grains listed in the far right column (barley, corn, etc.) all include the word “whole” before the name of the grain. These grains are often refined in our food supply, so to be sure that you’re getting the whole grain version of these grains, you must see the word “whole” before the name of the grain in product ingredient list. If it is not listed as “whole,” it is assumed to be the refined grain.

So when you are shopping for WGR foods - be sure to select those that have a whole grain as the primary ingredient & the next two subsequent grain ingredients as whole or enriched grains.

## *Cooking Food Safely in Your Slow Cooker*

Slow cookers have been helping busy families enjoy home-cooked meals for decades. They not only help to save time and conserve electricity, but also help to save money, as less expensive, tough meats can be cooked in a slow cooker until they are soft and tender.

Consider the following safety tips the next time you use your slow cooker at home:

- \* Read all instructions that come with your slow cooker.
- \* Follow recipe instructions before attempting to adjust recipes.
- \* Keep the lid on for the recommended cooking time. Opening the lid causes heat to escape and the temperature to decrease.
- \* Do not use the “*warm*” setting for more than 2 hours.
- \* If your slow cooker has an automatic timer, do not delay the start time for more than 2 hours as perishable foods should not be held at room temperature for more than 2 hours.
- \* Do not use frozen foods, unless they are recommended in the recipe. They will increase the time needed to reach 165°F and potentially increase the food safety risk.
- \* Thaw frozen roasts completely before slow cooking.
- \* If you prep vegetables and meats ahead of time, store them in the refrigerator in a separate covered container—**not** in the slow cooker. A cold slow cooker with cold food will take longer to heat up and increase the food safety risk.
- \* Practice extreme caution when using a slow cooker with, or near children.
- \* Place your slow cooker on a flat, clear, non-flammable surface.
- \* Avoid letting the power cord hang over the table or counter. The power cord is purposefully short to help prevent it from getting tangled or tripped over.
- \* Use potholders when removing the cover and when handling the inner pot.
- \* To help prevent cracks, do not expose the pot to sudden temperature changes.
- \* Do not immerse the outer cooking appliance in water or liquid.
- \* Thoroughly clean the inside and outside of the inner pot and outer cooking appliance before and after use.



Are you concerned about leaving your slow cooker on while you are away from home? If so, consider cooking your dish overnight and refrigerating the food in shallow, covered containers in the morning. At dinnertime, simply reheat in the microwave or on the stovetop—**not** in the slow cooker.

Consider trying a local slow cooker recipe for “*Lau Lau Stew*” on page 4, which is from the Nutrition Education for Wellness Program’s “**Leave It Then Eat It**” **Slow Cooked Island Recipes**” cookbook. You can download the cookbook, which has more recipes and safety tips from our website: [www.ctahr.hawaii.edu/NEW/resources.htm](http://www.ctahr.hawaii.edu/NEW/resources.htm)

For more information about keeping your food safe, visit:  
[www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling](http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling)

### References:

US Food and Drug Administration. Slow Cookers and Food Safety. February 2012. Available at: [www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/appliances-and-thermometers/slow-cookers-and-food-safety/ct\\_index](http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/appliances-and-thermometers/slow-cookers-and-food-safety/ct_index)

## **Recipe: Lau Lau Stew**

**Number of servings:** 10 (1 cup servings)

**Slow cooker size:** 4 quarts

**Cooking time:** 7-9 hours on low

### **Ingredients:**

5-6 large ti leaves, washed and ribs removed

2 (24-ounce) packages cooked, frozen luau leaves

2 large sweet potatoes or yams, cleaned and cut into 2 inch pieces

1 pound lean pork roast, trimmed and cut into 2 inch pieces

2 teaspoons rock salt

### **Directions:**

- 1) Line the bottom and sides of the slow cooker using 3 ti leaves.
- 2) In slow cooker, layer 1 package of luau leaves, sweet potatoes or yams, pork and remaining package of luau leaves.
- 3) Cover ingredients with remaining ti leaves.
- 4) Cover slow cooker and cook on low for 7-9 hours.
- 5) When ready to serve, sprinkle with rock salt and mix lightly.



For more recipes, please visit our website at:

[www.ctahr.hawaii.edu/new/resources.htm](http://www.ctahr.hawaii.edu/new/resources.htm)

## **Mailing List: Going Green!**



If you are interested in getting our newsletter via e-mail instead of traditional mail, please e-mail us at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) and provide your name and school contact information.

You can help to conserve our resources!

## **Have you heard of ICN?**

ICN or the Institute of Child Nutrition, which is part of The University of Mississippi, is federally funded to provide research, education and training for child nutrition programs.

Their mission is to “provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.”

If you are interested in continuing your education to fulfill your DHS state licensing requirements, consider tapping into the wealth of resources that ICN has to offer.



Visit their website: <https://theicn.org/> and take advantage of their convenient eLearning Portal, where you can take on-line courses to learn about various topics from food safety to the USDA meal pattern requirements. They also have many other resources on topics including food allergies, recipes and tips for promoting wellness in the child care setting!



## **Contact Information:**

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