



# Hawaii Child Care Nutrition Program

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



## Message from Project Coordinator

Summer, 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.

This newsletter will highlight our upcoming free fall workshop, in addition to activities done this past program year including menu reviews & speaking engagements. Also included is a menu planning and food safety tip, an easy tofu recipe as well as an article that includes fun strategies for getting your children excited about drinking water. Let me know if you have any questions or concerns. I can be reached at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) or at (808) 956-4124. We look forward to working together for the health and safety of our children!



Sincerely,

Kimberly Prochnow

HCCNP Project Coordinator

## Fall 2018 Workshops:

## GRAINS 101

Whether you enjoy eating rice, cereal or crackers—grains and breads are an integral part of many of our meals and snacks. But it can be downright confusing choosing the “best” grains for you and your children. In case you missed one of our sessions earlier this year, come join us for one of our “**Grains 101**” workshops that HCCNP will be hosting throughout Oahu over the next few months. This workshop is free and is open to preschools and day care providers.



We will:

- discuss how to identify whole grains in the marketplace
- review creditable grains so that your menus can meet meal pattern requirements
- highlight some interesting grains that you may not be familiar with
- share ways to enjoy various grains at school and at home

Please see the enclosed flyer, registration form & FAQ handout for more information about the workshop schedule & registration process. *\*Note that the workshops are free, but that registration is required. Note that registration forms must be **received** by the RSVP dates that are listed on the enclosed flyer.* You will receive a confirmation e-mail to confirm your registration. *If you **do not** receive a confirmation e-mail within 1 week of submitting your registration form, please contact HCCNP to confirm that your seat is reserved.*



**\*Remember:** Participants who attend, will receive a **Certificate of Attendance** that can serve as documentation to show your efforts of continuing education in the core area of “*Health, Safety and Nutrition*” for your state child care licensing requirements. If you have any questions, please contact Kim at (808) 956-4124 or via e-mail at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu).

## **Menu Reviews**

Having your menus reviewed by a qualified nutritionist not only fulfills your child care licensing requirements, but it also helps to ensure that your children are getting balanced meals & snacks. ***Remember that Group Child Care Programs are required to have their menus reviewed annually.*** As many of you already know, HCCNP provides menu reviews, free of charge to licensed child care programs that are **not** participating in the USDA Child and Adult Care Food program.

This past program year, HCCNP completed a total of 204 menu reviews, reaching almost 10,000 children that were enrolled in various licensed facilities (preschools, after care programs, etc.) throughout the state (see table below). It took on average, about 19 working days to complete a nutrition review. *HCCNP kindly asks providers to plan for about 4-6 weeks for a review to be completed. HCCNP unfortunately cannot guarantee that last minute requests can be accommodated.*



Menu Reviews Completed		
	2016-2017	2017-2018
Oahu I	70	76
Oahu II	46	52
Hilo	12	17
Kauai	17	10
Kona	19	21
Maui	27	28
<b>Total</b>	<b>191</b>	<b>204</b>

Please help expedite the process by including 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 (whole, 1%, skim, etc.)
- Brand names of juice, crackers, cereals, etc.
- Identification of any whole grains served

Sample menus, menu planning guides, templates and other handouts and resources can be found on our website. Please contact HCCNP if you have any questions, comments or concerns at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) or at (808) 956-4124.

## **Did you know? Tofu is creditable!**

In an effort to provide greater flexibility for schools and to better serve those following vegetarian diets, USDA admirably made a change to the meal pattern requirements to allow tofu to credit as a meat alternate for child nutrition programs.



With so many families already accustomed to eating tofu at home in Hawaii, this is a long-awaited change. If you plan to serve tofu in your center, be sure to keep the following considerations in mind:

- Check those food labels—the tofu must have at least 5 grams of protein per 2.2 ounce serving (or 7 grams of protein per 3 ounce serving). This will generally be the firm & extra firm varieties of tofu.
- 2.2 ounces (¼ cup) of tofu is equivalent to 1.0 ounce of meat alternate.

If you would like a simple tofu recipe that you can serve to your children, feel free to try the ***“Tuna Tofu Patty”*** recipe included on page 4. One patty would provide 1.25 ounce equivalents meat/meat alternate.



## Spring Workshops: GRAINS 101

HCCNP conducted eight “GRAINS 101” workshops throughout the state this past spring. More than fifty individuals - preschools, child care providers, and other child care professionals from about thirty different early childhood education programs and agencies attended the workshops.

Participants learned all about grains, including the new requirements surrounding whole grain rich foods, as well as interesting grains that have entered the market in recent years. HCCNP also shared a few helpful tools and resources that could be used to encourage their children and families to try new grains and consume more whole grains every day.

To access the “GRAINS 101” presentation, please visit the **Presentations/Trainings** section on our website at [www.ctahr.hawaii.edu/new/hccnp/](http://www.ctahr.hawaii.edu/new/hccnp/)

## Water Challenge!

We are in the heat of summer and now that USDA requires that water be offered and available to children throughout the day, there’s no better time than now to consider how you can promote the importance of, and encourage the practice of drinking water throughout the day, every day!

Try some of these fun ideas from the National Drinking Water Alliance ([www.drinkingwateralliance.org/](http://www.drinkingwateralliance.org/)) with your kids to get them excited about water:

- Set up a station with a small pitcher & cups so children can practice pouring
- Sing W-A-T-E-R to the tune of “Bingo is His Name-O.”  
“*There is something we need to live & water is its name-o. W-A-T-E-R...*”
- Offer water during & after physical activity
- Put out cups of water & paintbrushes for children to “paint” walls & walkways outside
- Read *A Raindrop’s Journey* by Suzanne Slade to teach about the water cycle



## Speaking Engagements

HCCNP participated in a few professional development events this past year. In September, HCCNP presented our “*Delightfully Delicious Discoveries in the Classroom*” workshop at the Hawaii Baptist Early Education Association conference, where attendees received a toolkit of simple food activities that can be conducted in the classroom that help to teach children about food and nutrition. HCCNP also presented our “*Kid Friendly Snacks*” training at the Learning To Grow “*Healthy Minds, Healthy Bodies*” workshop, which was open to Family Child Care providers. Here they learned innovative strategies to create healthy snacks that appeal to young children. Later in October, HCCNP presented our “*Meal Pattern Update*” workshop at the Hawaii Association for the Education of Young Children’s Early Childhood Conference. This session reviewed the latest USDA meal pattern requirements.

Throughout the year, HCCNP also fulfilled requests to conduct workshops for various preschools on various topics including the new meal pattern requirements, food allergies, and teaching parents on how to pack healthy home lunches for children.

*If you would like HCCNP to come to your center to conduct one of our previous workshops for your staff, please contact Kimberly at [hccnp@hawaii.edu](mailto:hccnp@hawaii.edu) or at (808) 956-4124 to see what can be arranged.*

## **Recipe: Tuna Tofu Patties**

**Number of servings:** 8

### **Ingredients:**

- 1 (14-ounce) container tofu
- 2 leaves green onions
- 1 (5-ounce) can tuna in water
- 1 egg
- Salt and pepper to taste
- 1 tablespoon oil



### **Directions:**

- 1) Drain tofu, then wrap tofu in a clean dishcloth and squeeze out water.
- 2) In a medium bowl, MASH tofu.
- 3) CHOP green onions to ½ inch lengths.
- 4) Drain tuna.
- 5) Add green onion, tuna, egg, salt and pepper to tofu. Mix well.
- 6) Form into 8 patties.
- 7) In a large frying pan, add oil and FRY patties until brown.
- 8) Drain on paper towel and serve with any sauce.

### **Variations:**

May use canned salmon instead of tuna. Shredded carrots or garlic may also be used.



For more recipes, please visit our website at:

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

## **Washing food—Safe or Unsafe?**

We wash so many things—our hands, clothes, dishes and more. But is it safe to wash ALL foods?

### **Wash fruits & vegetables?**

- YES! Wash fresh produce under cold running tap water to remove any dirt and to reduce bacteria that might be present.
- A brush can be used to scrub fruits & vegetables with a firm surface—like potatoes.
- DO NOT wash produce with soap—soap residue may be absorbed by the produce and subsequently ingested, if eaten.

### **Wash meat & poultry?**

- NO! If washed, bacteria present on raw meat & poultry can spread to surfaces, foods and utensils in your kitchen and potentially lead to cross-contamination.
- To get rid of the bacteria present on raw meat & poultry, these foods must instead be cooked to the proper temperature.

### **Wash eggs?**

- NO! With commercial egg processing, eggs are routinely washed and do not need to be washed again.

For more food safety information, visit:

[www.fsis.usda.gov/wps/portal/fsis/home](http://www.fsis.usda.gov/wps/portal/fsis/home)

**Reference:** USDA Food Safety and Inspection Service. Washing Food: Does It Promote Food Safety? October 2011. Available at: [www.fsis.usda.gov/wps/wcm/connect/2ceaa425-0488-4e86-a397-e2d9c470fc4a/Washing\\_Food.pdf?MOD=AJPERES](http://www.fsis.usda.gov/wps/wcm/connect/2ceaa425-0488-4e86-a397-e2d9c470fc4a/Washing_Food.pdf?MOD=AJPERES)

## **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!

## **Contact Information:**

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