Message from Project Coordinator

Aloha! We sincerely appreciate everyone’s continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services.

This newsletter includes a reminder about our on-going spring “Munch on a Home Lunch” workshops, a fun article about delicious mangos, and a simple recipe that you can try making with your children. If you have any questions, please contact Kimberly at (808) 956-4124.

Sincerely,
Kimberly Kanechika, RD
Project Coordinator,
Hawaii Child Care Nutrition Program

Spring Workshops: Munch on a Home Lunch

Since early February, HCCNP has been conducting free workshops throughout Hawaii showing schools how they can conduct a workshop for their parents that will teach them how to pack healthy home lunch meals for their children.

For those who attended this workshop in the past, please note that we have included a few new and expanded topics that were not included with the initial "Munch on a Home Lunch" launch. In addition to the discussion about healthy food and beverage choices and the interactive tasting session, we will also discuss:

- how you and your parents can help to keep home lunches 'food-safe' and
- affordable home lunch options for budget-conscious families

Here are some comments from people who have attended this workshop thus far this year:

“Good refresher information and good ideas for home lunches for my family.”
“Great workshop!”

If you are interested in attending—there are still a few more workshops scheduled:

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>RSVP by…</th>
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<tbody>
<tr>
<td>Friday, April 10</td>
<td>4:30—6:30 pm</td>
<td>Queen Liliuokalani Children’s Center Koolau Poko Unit (Kaneohe)</td>
<td>Noon, Thursday, 4/2/15</td>
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<td>Saturday, April 11</td>
<td>9 am—11 am</td>
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<tr>
<td>Saturday, April 18</td>
<td>10 am—12 pm, 12:30—2:30 pm</td>
<td>Kauai Community College Welding Classroom</td>
<td>Noon, Friday, 4/10/15</td>
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<tr>
<td>Friday, April 24</td>
<td>4:30—6:30 pm</td>
<td>Pearl City Urban Garden Center Classroom</td>
<td>Noon, Friday, 4/17/15</td>
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<tr>
<td>Saturday, April 25</td>
<td>9 am—11 am</td>
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Please turn in a registration form, available at: www.ctahr.hawaii.edu/new/hccnp You will subsequently receive a confirmation form. If you do not receive a confirmation form, please contact Kimberly at hccnp@hawaii.edu or (808) 956-4124 to ensure that your seat is confirmed.

HCCNP hopes you can join us!
Recipe: Rice Balls

Number of servings: 8

Ingredients:
- 1 cup white rice (standard cup)
- 1 cup brown rice (standard cup)
- 3 cups water (standard cup)
- Salt to taste

Directions:
1. In a rice cooker pot, RINSE white and brown rice and DRAIN.
2. ADD 3 cups of water. COOK rice, following rice cooker instructions.
3. Let rice COOL.
4. With clean, wet hands, lightly SALT your hands.
5. SCOOP a handful of warm rice into hands and SHAPE rice into a triangle.

Variations:
- Wrap the rice balls with strips of seaweed (nori) for added flavor.
- Sprinkle rice seasoning (furikake) on rice balls.

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

Fun Fruit Facts: MANGO

Mango season is here in Hawaii, starting in March, running through November.

These fruits, which are thought to be native to India, come in over 1,000 varieties with varying shapes like round, oval and kidney-shaped.

When picking or shopping for mango, choose ones that smell sweet, are firm and that are starting to show some yellow or red. Note that some varieties remain green when ripe.

Leave unripe mango out at room temperature to ripen, then store in the fridge for up to a week.

Enjoy them as a refreshing snack, in a fruit salad, with cereal, yogurt or blended in a smoothie. You can also make mango bread and share with family and friends.

Not only do they taste great, but they are also a good source of Vitamins A & C as well as potassium! Eat up!

Reminder: Annual Menu Reviews

Does your group child care center serve meals or snacks? Do you remember when your last menu review was completed? If it was more than a year ago, and your center has not recently enrolled with the USDA Child and Adult Care Food Program, then it might be time to contact HCCNP to initiate a free review for your center to ensure your menus meet basic licensing requirements.

Contact us to find out exactly what you need to get the process started —
Phone: (808) 956-4124
Email: hccnp@hawaii.edu

Contact Information:
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Website: www.ctahr.hawaii.edu/new/hccnp

Mailing List: Go Green!

In an effort to conserve resources, we can send our quarterly newsletters to your school by e-mail instead of traditional mail. If you’re interested, please e-mail Kim at hccnp@hawaii.edu and indicate what school you are from.