



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/NEW/HCCNP



Message from Project Coordinator

Summer, 2016

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 includes an announcement of our upcoming fall workshops - **“Kid-Friendly Snacks!”** - *we hope you can join us!* We’ve also included a staffing update, in addition to a highlight of activities done this past program year & an update about the CACFP meal patterns. Please let me know if you have any questions or comments, or if you would like to have your menus reviewed, free of charge. I can be reached via e-mail at 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 2016 Workshops **“Kid-Friendly Snacks!”** – Save the Date!

Do you find yourself serving the same old snacks over and over again? Do you struggle trying to think of *new* snacks that are healthy, and that your kids will enjoy? If so, then come join us at one of our upcoming workshops, **“Kid-Friendly Snacks!”** These workshops will be held throughout Oahu in September and October.

We will discuss different ways for you to reinvent *familiar* foods, while taking time to highlight some *new* snack foods that your children may one day grow to love. We will also share different ways your children can participate in making their own snacks—which may help to overcome their fears of trying *new* foods.

This workshop is free to attend, but registration is required. **Please RSVP by the dates noted in the table below.** Please refer to the enclosed FAQ sheet & registration form for more information about the registration process. Forms are also available on our website at www.ctahr.hawaii.edu/new/hccnp/fccp.htm .

Those who attend the workshop will receive a **“Certificate of Attendance”** that can be used to document efforts of continuing education in the core area of “Health, Safety and Nutrition,” when renewing your child care license with the Hawaii State Department of Human Services. If you have any questions, please contact Kim at (808) 956-4124 or at hccnp@hawaii.edu .

WORKSHOP SCHEDULE

Location	Date	Time	RSVP by noon on:
Queen Liliuokalani Children’s Center—Koolau Poko Unit	Saturday, Sept 10	9:00 am—10:30 am	Friday, 9/2/16
*University of Hawaii Manoa Agricultural Sciences 202	Saturday, Sept 24	9:00 am—10:30 am	Friday, 9/2/16
Pearl City Urban Garden Center Classroom portable	Saturday, October 1	9:00 am—10:30 am	Friday, 9/23/16

**Note: For UH participants—we will pay for your parking, as long as you register by noon on 9/2/16.*

Have you heard about the Child Nutrition Labeling program?

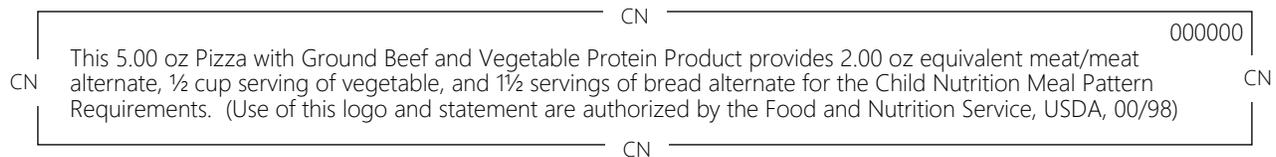
The Child Nutrition (CN) labeling program, which is run by the USDA Food and Nutrition Service, provides assurance that the labeled product is guaranteed to contain a certain quantity of food by specifying its contribution toward meal pattern requirements. Eligible products must be produced under federal inspection by USDA and have the contribution toward meal pattern requirements determined using yields in the USDA Food Buying Guide for Child Nutrition Programs.

The CN Label can be found on main dish products which contribute towards the meat/meat alternate component of the meal pattern requirements, such as chicken nuggets or fish sticks.

The CN label will include the following:

- CN logo border
- Meal pattern contribution statement
- 6-digit product identification number
- USDA/FNS authorization statement
- The month & year of approval

Here is an example of a sample label:



Having CN labeled products is especially helpful if you are seeking licensing approval for your meals or snacks that include commercially produced main dish products. Without a CN label, commercially produced products that are being credited towards the meal pattern requirements will need to be vetted further with a Product Formulation Statement from the manufacturer to assure that the product contains a certain quantity of food.

For more information about the CN labeling program, please visit their website at: www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program

Did you know? USDA has issued new meal patterns for CACFP?

In late April of this year, USDA announced the first major revision of the Child and Adult Care Food Program (CACFP) meal patterns since the program began in 1968. The new patterns better reflect the current Dietary Guidelines for Americans with meals and snacks that aim to provide more whole grains, a greater variety of vegetables and fruits and less added sugars and solid fats.

USDA focused on making incremental improvements that would be achievable and cost-neutral. There will be ample time for centers and providers to learn and understand the new meal pattern standards before they are required to be in full compliance as the implementation date for these new standards is October 1, 2017.

HCCNP will be working to update our meal planning materials as well as provide training to help everyone get acquainted with the new requirements within the next program year. For more information about the new meal patterns, please visit the USDA CACFP website: www.fns.usda.gov/cacfp/meals-and-snacks

Fall Workshops 2015

HCCNP conducted three sessions of our “*Munch and Move Towards a Healthy Future*” workshop for family child care providers throughout Oahu during August of 2015. Ten individuals from nine different centers attended these workshops.



This workshop was modeled after the national “*Let’s Move!*” campaign which aims to help children eat more healthful foods and be more physically active. Workshop participants were able to identify simple strategies to improve their food and beverage choices, in addition to identifying ways to help their children move more in their day care center. At the end of the workshop, attendees were able to set realistic goals to improve their day care

centers, such as offering more fruits or vegetables, or reducing the amount of screen time their children get per day.

Here are some quotes from workshop participants:

Thank you so much for sharing recipes, absolutely gonna try this...

I will be “rechecking my choice of foods with specific sugar (grams)...”

Handouts and materials from this workshop can be found on our website at:

www.ctahr.hawaii.edu/new/hccnp/fccp.htm

under the **PRESENTATIONS/TRAININGS** section.



Speaking Engagements



HCCNP participated in a few professional development events throughout this past year. On September 19, 2015, HCCNP presented our “*Munch on a Home Lunch*” workshop at the Hawaii Baptist Early Education Association (HBEEA) conference. Attendees learned how to conduct a parent workshop about how to pack quick and healthy home lunches for their children.

On October 3, 2015, HCCNP presented our “*Mealtime Matters!*” workshop at the Hawaii Association for the Education of Young Children’s (HAEYC) Early Childhood Conference. Attendees learned about the countless benefits of having regular family meals in addition to simple strategies they could implement to have more quality meals with their own families.

On April 21, 2016, HCCNP fulfilled a request to conduct our “*Delightfully Delicious Discoveries in the Classroom*” workshop for staff at Sounds of Success Preschool. Attendees received a toolkit that contains all kinds of simple, fun and educational food-related activities they could use in the classroom with their children.

If you would like more information about each of these workshops, please visit our website at: www.ctahr.hawaii.edu/new/hccnp/fccp.htm and scroll down to the **PRESENTATIONS/TRAININGS** section. All workshop presentations and materials can be downloaded at no charge.



Recipe: Tuna Tofu Salad

Number of Servings: 15

Ingredients:

- 1 head lettuce
- 1 small bunch Chinese parsley
- 1 medium onion OR ½ bunch green onion
- 2 medium tomatoes
- 1 (14-ounce) container firm tofu
- 1 (5-ounce) can tuna in water



Dressing:

- ⅓ cup less sodium soy sauce
- 1 teaspoon sesame oil
- 1 tablepsoon sugar
- Optional: toasted sesame seeds

Directions:

1. **CHOP** lettuce, Chinese parsley, and onion.
2. **DICE** tomatoes.
3. **DRAIN** and **CHOP** tofu into bite-sized pieces.
4. **DRAIN** tuna.
5. In a jar, **MIX** dressing ingredients: soy sauce, sesame oil, sugar and optional: sesame seeds. **COVER** and **SET** aside in refrigerator until ready to **SERVE**.
6. In a large bowl, **TOSS** lettuce, parsley, onions, tomatoes, tofu and tuna. **COVER** and **REFRIGERATE** until ready to **SERVE**.
7. Just before serving, **SHAKE** and **POUR** dressing on salad, and **TOSS**.

Variations:

Salmon may be used instead of tuna. Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce. You may also use a combination of these ingredients.

For more recipes, please visit our website at:

www.ctahr.hawaii.edu/new/resources.htm



HCCNP Staffing Update

Since the fall of last year, Eileen Sanchez Guerrero, RD has been conducting menu reviews for HCCNP, while the project coordinator, Kimberly had been out on leave. Kimberly has since returned to work, but has been focused on fulfilling other HCCNP services, such as contract work, project reporting, program planning & conducting state-wide workshops.

Eileen will continue to conduct menu reviews on behalf of HCCNP until the end of September. So please feel free to contact her if you need to have your menus reviewed, free of charge. Her contact information is listed below.

If you have any other food or nutrition related questions, please don't hesitate to contact HCCNP as you normally would and either Eileen or Kim will get back to you. Our contact information is listed below. HCCNP sincerely thanks you for your patience and cooperation during this time.

Mailing List: Go 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!

Contact Information:

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