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 some handy tips about knowing where your food comes from and knowing what type of milk is appropriate to serve to your children. There is also a helpful article about slow cooker safety, in addition to a local slow cooker healthy recipe for you to try. 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, for the health and safety of our children.

Sincerely,
Kimberly Prochnow
Project Coordinator,
Hawaii Child Care Nutrition Program

**Did You Know? We eat different parts of plants?**

From a plant’s flowers all the way down to its’ roots - we eat different parts of many kinds of plants!

Apples, beets, beans, broccoli, cabbage and celery—these fruits and vegetables represent different parts of plants that we can eat. Try this fill-in-the-blank exercise to see which part of the plant these fruits and vegetables represent:

<table>
<thead>
<tr>
<th>FRUIT / VEGETABLE:</th>
<th>PLANT PART:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Apples:</td>
<td>F ___ U I ___</td>
</tr>
<tr>
<td>2) Beets:</td>
<td>___ O O ___</td>
</tr>
<tr>
<td>3) Beans:</td>
<td>S ___ E ___</td>
</tr>
<tr>
<td>4) Broccoli:</td>
<td>___ L O ___ E R</td>
</tr>
<tr>
<td>5) Cabbage:</td>
<td>L ___ ___ F</td>
</tr>
<tr>
<td>6) Celery:</td>
<td>___ T ___ M</td>
</tr>
</tbody>
</table>

Check your answers at the bottom of page 3.

As you enjoy fruits and vegetables with your children, talk about where on the plant it came from. Help them understand that all of the fruits and vegetables we eat, ultimately come from plants—and not the grocery store. What parts of plants have you eaten today?
**Do you know - what kind of milk is appropriate for your children?**

The USDA Child and Adult Care Food Program requires that all meals include a serving of fluid milk. But do you know what kind of milk is recommended to be offered to your children?

It is recommended that whole milk be served to children between their first and second birthday to help support their growth and development at that age. Lowfat (1%) milk or skim (nonfat) milk should then be offered when children turn two years of age.

Do you know what the main difference is between these types of milk?

The main difference between these varieties of milk, is their fat content and consequently, the amount of total calories. Whole milk has the most fat and calories — 8 grams of total fat and 150 calories per 8 fluid ounce serving. Lowfat milk has less—2.5 grams of total fat and 110 calories per 8 fluid ounce serving, while skim milk has the least amount—0 grams of total fat and only 90 calories per 8 fluid ounce serving.

Milk provides children with many important nutrients, including calcium and vitamin D, which help to build strong bones and teeth. The amount of these nutrients is the same per serving, no matter how much fat the milk contains.

Are your children drinking milk that is appropriate for their age?

**Free Menu Reviews!**

If your program is not enrolled in the USDA Child and Adult Care Food program and you are interested in getting your menus reviewed free of charge, please contact Eileen Sanchez Guerrero at hccnp@hawaii.edu or at (808) 956-4124. Eileen has recently been assisting Kim, the HCCNP project coordinator with menu reviews and she can assist you and provide suggestions as you work to create or improve your menu.

Our website has many menu planning templates and helpful guides on recommended portions for young children. Feel free to browse our menu planning resources if you need some tips or ideas: www.ctahr.hawaii.edu/NEW/HCCNP/fccp.htm

**Mailing List: Going 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 and provide your name and mailing address. You can help to conserve our limited resources!
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 “Portuguese Bean Soup” 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

For more information about keeping your food safe, visit:

References:
Recipe: Slow-Cooker Portuguese Bean Soup

Slow cooker size: 5 quarts
Cooking time: 7-9 hours on low
Number of Servings: 16 (1 cup) servings

Ingredients:
1 small cabbage, chopped into 2 inch pieces
1 (10-ounce) Portuguese sausage, sliced into ¼-inch rounds
1 pound lean ham steak, bone-in, cut into 1-inch cubes
1 large carrot, peeled & cut into 1-inch pieces
1 medium russet potato, peeled & cut into 1-inch pieces
1 medium onion, cut into 1-inch pieces
1 (15¼-ounce) can kidney beans, drained & rinsed
1 (28-ounce) can diced tomatoes
4 cups water

Optional Ingredients:
Garlic, peeled and crushed
Cooked pasta
Salt and pepper to taste

Directions:
1. Refrigerate chopped cabbage until ready to use.
2. In slow cooker, combine Portuguese sausage, ham, carrot, potato, onion, garlic (optional) kidney beans, tomatoes and water.
3. Cover slow cooker and cook on low for 7-9 hours.
4. One hour before soup is ready to be served, stir chopped cabbage into soup. Cover and continue cooking for 1 hour.
5. Before serving, remove and discard ham bone and stir.
6. Optional: add pasta, salt and pepper to taste.

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

Fun Veggie Facts—Corn

Corn comes in a wide variety of colors, including yellow, white, orange, red, purple, blue, black and brown. An ear of corn measures about 6 to 12 inches in length and can contain between 750 and 1,000 kernels.

Seasonality: Sweet corn is available in Hawaii year-round, but its peak season is right around the corner, starting in February, running through June.

Buying: Choose ones with green husks, fresh silks and tight kernels.

Storing: Store sweet corn with husks on, in the refrigerator as soon as possible. Heat causes the sugar in the kernels to turn into starch, causing it to lose its sweetness quickly.

Preparing: Cook corn with or without its husks by boiling, steaming, microwaving or in the oven. Corn can be added to your soups or salads, or simply enjoyed with a sprinkle of parmesan cheese or some of your favorite herbs, like parsley or chives.

Check out this website for more ways to enjoy corn:
www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-corn

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