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 First Lady Michelle Obama’s “Let’s Move! Child Care” movement, in addition to a few helpful, healthy tips, new resources & a delicious recipe. 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 Kanechika
Project Coordinator,
Hawaii Child Care Nutrition Program

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**Let’s Move! Child Care (LMCC)**

The child care community plays an essential role in helping to support the healthy development of children. Learn how your center can take an active role in this effort by visiting the LMCC website at:

[www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org)

The main goals of LMCC focus on:

- Increasing physical activity
- Reducing screen time
- Improving food choices
- Providing healthy beverages

Once you register, you will be able to:

- Receive a certificate of participation
- Assess and work towards improving your center’s nutrition and physical activity practices
- Access many resources
- Potentially earn a Let’s Move! Child Care recognition award
- Share stories of your success and inspire others to follow in your footsteps!

Let’s all move to create a generation of Healthy Kids for a Healthy Future!
Did You Know? All Forms Count!

We often hear about eating more fruits and vegetables with our meals and snacks because they have important nutrients, like vitamins and minerals that help to keep us healthy. This may seem to be a challenging task, but did you know that all forms of fruits and vegetables count?

Fresh, frozen, canned, dried and 100% juice all count towards the daily goal of getting ‘more.’ So when fresh fruits and vegetables are not in season, or if they are too expensive, try choosing frozen, dried or canned varieties that serve as healthful and convenient alternatives. These alternatives help to increase the variety of options available to suit the taste of you and your children, all year round.

Choose MyPlate.gov

The Dietary Guidelines for Americans 2010 focuses on balancing calories by choosing foods to eat more often and cutting back on foods to eat less often. It is intended for Americans ages 2 years and older.

You can apply the Dietary Guidelines with MyPlate:

- Fill half your plate with colorful, different forms of fruits and vegetables. Pile them as high as desired, and go back for seconds of fruits and vegetables if you are still hungry.
- Fill a fourth of your plate with starches and grains not more than 1/2 inch high, choosing whole grains when possible, such as brown rice or whole wheat bread.
- Fill a fourth of your plate with lean meats and protein foods, such as beans, nuts and seafood.
- *Drink water often, with and between your meals.
- *Choose 1% or lowfat milk.

Traditionally, treats are provided for celebrations such as Birthday’s, Halloween, and Christmas, to name a few. Such treats are often food items that may contribute to obesity, such as candies, cakes, cookies, and other high-fat, salty or sugary snacks.

When planning your next celebration, please consider the following food items:
- Fresh, whole fruit
- Mini packages of dried fruit
- Mini bottles of water decorated for the occasion

Although food items are the most popular thing to give, consider not bringing food. Treats can be favors that are non-food items:
- Stickers
- Fat pencils
- Fat crayons
- Coloring books
- Bubbles

Instead of individual gifts, consider donating supplies to your center that all children can enjoy:
- Book
- Ball, palm size or larger
- Puzzle
- Non-poisonous plant

Or consider donating supplies for a group project:
- Age-appropriate craft items:
  - Holiday stencils such as cookie cutter shapes
  - Decorate boxes with stamps, ribbons, stickers, etc.
- Age-appropriate discovery projects
  - Growing plants, such as lima beans in clear plastic cups
  - Life, such as worms in oatmeal

After all, enjoying each other’s company is one of the real treats of celebrations.

**Free Menu Reviews**

Would you like to assure your children’s parents and families that the meals and snacks you serve are balanced and nutritious?

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 Kimberly at hccnp@hawaii.edu or at (808) 956-4124 for more information.

Feel free to browse our many menu planning resources if you need some tips or ideas as you plan your menus: 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

Please provide your name and mailing address.

You can help to conserve our limited resources!
Recipe: Skillet Lasagna

Number of servings: 8

Ingredients:
- 1 cup cooked chicken OR turkey
- 1 (25-26.5-ounce) jar spaghetti sauce
- Salt and pepper to taste
- 2 cups uncooked macaroni
- 2 cups water
- 2 (10-ounce) boxes frozen spinach
- 1 cup grated cheese

Directions:
1. DICE or SHRED chicken OR turkey.
2. In a large skillet or pot, COMBINE chicken OR turkey, sauce, salt, pepper, macaroni, and water.
3. Bring to a BOIL, REDUCE HEAT, COVER and SIMMER 20-25 minutes or until macaroni is tender.
4. ADD spinach and COOK until thawed. MIX well.
5. SPRINKLE with cheese.

Variations:
Substitute tofu for meat (one black mashed and drained).

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

Resource: NEW! Nutrition Checklist

Are you curious to see if your center meets general nutrition related licensing requirements? Find out to see if your center meets standards!

Check out our updated comprehensive Nutrition Checklist at:
www.ctahr.hawaii.edu/NEW/HCCNP/fccp.htm

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