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. We are proud to be able to service you all for another year with your nutrition related needs.

This newsletter will highlight activities done this past program year including menu reviews, speaking engagements & workshops. You will also find a local recipe as well as information about a few new educational resources available on our website for you & your parents to learn more about health & wellness. Let me know if you have any questions or concerns. I can be reached at hccnp@hawaii.edu or at (808) 956-4124. We look forward to working together for the health & safety of our children!

Sincerely,
Kimberly Kanechika
HCCNP Project Coordinator

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 and snacks. As many of you may 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. Remember that Group Child Care Programs are required to have their menus reviewed annually.

This past program year, a total of 177 menu reviews, reaching almost 9,000 children enrolled in various licensed facilities (preschools, after care programs, etc.) throughout the state, were completed (Table 1). It took on average about 9.5 working days to complete a nutrition review. Although reviews are typically completed within a few weeks, HCCNP kindly asks providers to plan for about 4-6 weeks for a review to be completed.

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/)
- 3 months of menus or 1 full cycle
- Serving size information (cups, ounces, slices, etc.)
- Type of milk (whole, 1%, skim, etc.)
- Brand names of juice, crackers, etc.

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 or at (808) 956-4124.

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NEW! Meal Planning Resources

Do you have parents whom provide lunches or snacks from home for their children? Would you like to see your parents pack healthier kinds of foods and beverages?

If so, check out these new brochures available on the HCCNP website at: www.ctahr.hawaii.edu/new/hccnp/preschools.htm

* Munchable Home Lunches
* Munchable Snacks

Scroll down to the “Resources (Handouts)” section of our website to download your free copy today!

These brochures are packed with practical tips to help your parents plan and create meals and snacks that are:

• Balanced • Kid-friendly
• Quick • Food-safe

Consider distributing these handouts to your parents at the start of the next school year to encourage healthful food and beverage choices all year long! Or consider using them when packing your own home lunches—the tips are applicable to everyone!

After distributing the handout, if you notice any positive changes in your children’s home-packed lunches or snacks, please let us know! HCCNP welcomes any comments you may have regarding our resources!

Speaking Engagements

HCCNP participated in a few professional development events throughout this past year.

In the summer of 2013, HCCNP fulfilled requests to present our “Delightfully Delicious Discoveries in the Classroom” and “Munch on a Home Lunch” workshops to the staff at Stepping Stones Academy. Participants were inspired to couple food with learning as well as discover creative ways to make healthy home lunch meals.

In October of 2013, HCCNP presented our “Mealtime Matters!” workshop at the Hawaii Association for the Education of Young Children’s Early Childhood Conference. Participants learned about the many benefits of having regular family meals, and were engaged to put knowledge into practice by identifying practical ways to improve the quality of their meals with their own families.

During the fall of 2013, HCCNP spoke to aspiring young child care professionals at the Healthy Young Children classes at the Honolulu Community College and University of Hawaii’s (UH) West Oahu campuses. In addition, HCCNP also spoke to aspiring nutrition professionals at the UH Manoa’s Community Nutrition class. Students learned about HCCNP’s project goals and services. HCCNP hopes that healthful and age-appropriate recommendations can be integrated in with their future endeavors and passed on to future generations.

This past March, HCCNP also presented a workshop entitled “You Are What You Eat” to the staff of Seagull Schools. Participants learned about ChooseMyPlate, food groups and appropriate portion sizes. Participants completed an activity to see how their recent eating behaviors compared to national recommendations, subsequently finding ways to improve their future food choices.
HCCNP conducted ten “Making Meals in Minutes!” workshops throughout the state this past spring. About thirty individuals - child care providers, and other child care professionals from about fifteen different programs, various agencies, and early childhood education programs attended the workshops.

This workshop was developed as a result of provider feedback received during previous trainings. Attendees were given a vast array of tips and suggestions to help streamline their menu planning process. For example, using cycle menus or standardized recipes to save time when planning.

A wide variety of different tips identifying ways to incorporate more healthful foods and beverages into their menus were also shared. Participants were engaged to highlight specific strategies that would be simple and realistic for them to incorporate into their everyday meal planning routines. For instance, using milk instead of water to make oatmeal or adding raisins instead of jelly to a peanut butter sandwich.

All participants shared that they intended to adopt at least one strategy to either streamline their menu planning process or to improve their menu options, such as planning their menus ahead of time, or finding new ways offer more fruits and vegetables. Check out what some of the workshop participants said:

“Enjoyed everything...got a lot of good information.”

“This workshop “gave me confidence” to plan menus.

To access the “Making Meals in Minutes!” Toolkit, please visit the Presentations/Trainings section on our website at www.ctahr.hawaii.edu/new/hccnp/preschools.htm.
Recipe: Stew

Number of Servings: 10

Ingredients:
1 small round onion
1-2 ribs celery
4 medium carrots
4 medium potatoes
2 cloves garlic
2 pounds lean meat
1 (8-ounce) can tomato sauce
1/2—1 teaspoon salt
1-2 bay leaves
Water to cover

Thickening:
3 tablespoons flour
1/4 cup water

Directions:
1. CHOP onion, celery, carrots & potatoes. SET aside.
2. CRUSH garlic.
3. CHOP meat into bite-sized pieces.
4. In a large pot, FRY garlic & meat. STIR.
5. ADD tomato sauce, salt, bay leaf & water to cover. STIR.
6. COVER & SIMMER for 1-2 hours or until meat is tender. Liquid needs to cover meat. ADD water as necessary.
7. ADD onions, celery, carrots & potatoes. STIR.
8. SIMMER for 10-15 minutes or until vegetables are tender.
9. MIX thickening ingredients & ADD to stew. STIR.
10. SIMMER & STIR until stew thickens.

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

Lunch Menu Showcase

On April 30, HCCNP hosted a showcase event in leeward Oahu featuring our recently developed “Nutrient Analyzed Lunch Menu for Preschoolers.” Eight individuals attended the event, representing three Oahu-based catering companies, and two multi-site child care center organizations.

Comments were overall positive and participants appreciated the information and resources that were shared. The vendors and schools shared intent on trying out some of the recipes and resources for their operations. However, vendors shared some insightful challenges about adopting the cycle menu in its entirety, mainly regarding cost and acceptability of the foods.

If you have tried out any of the recipes—please take a few moments to share your comments with HCCNP. You may use the form on page 43 of the menu resource to document your feedback. Your feedback may help to improve the resource, or inspire others to make positive changes to their meals.

You can download this cycle menu for free at: www.ctahr.hawaii.edu/new/resources.htm under the Cookbooks column.

Contact Information:
Hawaii Child Care Nutrition Program
1955 East-West Road, #306
Honolulu, Hawaii 96822

E-mail: hccnp@hawaii.edu
Phone: (808) 956-4124
Fax: (808) 956-6457
Website:
www.ctahr.hawaii.edu/new/hccnp

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 . You can help to conserve our resources!