Message from Project Coordinator

Aloha! Thank you for your continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services. We hope your school year is off to a great start! This newsletter includes an introduction of our 2015 spring workshop topic, helpful tips to consider when serving picky eaters and as always, an easy recipe that you can try making with your children that includes healthy beans!

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

Spring 2015 Workshops: Munch on a Home Lunch!

Do you have parents whom provide home-packed lunch meals for their children? Would you like to learn how you can help them create healthy home lunches?

If so, then consider joining us as we “Munch on a Home Lunch!”

HCCNP initially shared this workshop with preschools throughout the state almost ten years ago. Directors and staff got an opportunity to learn how to conduct a hands-on workshop for their parents on how to create nutritious home lunch meals for their children. Check out some quotes from participants who attended this workshop in the past:

“Would recommend this to all preschool directors / staff—a great way to support families with doable learning experiences…”

“Thank you so much for making things simple and attainable for us as teachers and for parents…it left me with an ‘I can do it’ attitude!”

Those who attend one of the upcoming workshops will take home a copy of our “Munch on a Home Lunch” toolkit which has simple meal planning and basic food safety information that can be shared with families. Attendees will also get to participate in an interactive tasting activity!

HCCNP will offer these free workshops throughout the state during the spring, from February through April of 2015. Look out for updated schedule and registration information which will be sent out with our next ‘new year’ newsletter in early January. Contact Kim at (808) 956-4124 if you have any questions. We look forward to seeing you there!

Mailing List: Go Green!

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

Number of servings: 9

Ingredients:
- 1 cup canned kidney beans
- 1 medium round onion
- 2 cups vegetables (fresh, frozen, canned, leftovers)
- ½ pound lean ground beef (OR 1 cup leftover meat)
- 2 (8-ounce) cans tomato sauce
- salt and pepper to taste
- 3 cups cooked rice
- 1 cup shredded cheese
- Optional: 1 medium bell pepper
- 1 rib celery

Directions:
1. DRAIN & RINSE kidney beans. SET aside.
2. CHOP onion & vegetables. SET aside.
3. Optional: CHOP bell pepper & celery.
4. In a large skillet or pan, BROWN beef & DRAIN OFF excess fat. OR, if leftover meat is used, CHOP into small pieces & HEAT.
5. ADD onion to skillet or pan, & STIR.
6. Optional: ADD bell pepper & celery. STIR.
7. ADD beans and vegetables. STIR.
8. COOK until tender.
9. ADD tomato sauce, salt & pepper. MIX well.
10. ADD rice & MIX well.
11. COVER & HEAT on low until piping hot.
12. ADD cheese & HEAT until melted.

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

Feeding Tip: Picky Eating

“Sarah refuses to drink milk!”
“Joey will only eat pizza!”

Does this sound familiar? If so, don’t fret! Picky eating is very common for young children. It is just another step in the process of growing up and is usually a temporary phase. Try these tips when handling picky eaters to avoid stressful battles at the dining table:

- **NEVER be a short order cook!** Aside from accommodations for special needs, like allergies, everyone should be offered the same food. Remember—YOU are responsible for planning the menu. It is ok if children choose not to eat certain foods—they’ll make up for it at a later meal or day. Be consistent in setting appropriate limits.

- **Offer choices.** Instead of serving peas, ask them to choose what they would like: peas, green beans OR carrots.

- **Get them involved.** Have them select a fruit or veggie they would like to try or give them age-appropriate tasks to help you prepare the meal or snack. Personal involvement may encourage them to eat what is served.

- **Role model.** Children learn from watching their parents, and often end up copying what they do. Let them see you enjoying healthy foods!

- **Create a positive atmosphere.** All foods should be created equal. Never use food as a reward or punishment. For example, saying, “No cookie until you finish your beets,” may teach them that some foods are more desirable than others.

For more information and helpful tips on handling picky eaters, browse the ChooseMyPlate.gov website: www.choosemyplate.gov/preschoolers/picky-eaters.html