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 about healthy foods. 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 Prochnow
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 & snacks. *Remember that Group Child Care Programs are required to have their menus reviewed annually.* 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.

This past program year, a total of 182 menu reviews, reaching over 8,500 children enrolled in various licensed facilities (preschools, after care programs, etc.) throughout the state, were completed (Table 1). It took on average, about 13 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/](http://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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Workshop Survey
HCCNP needs your help! HCCNP wants to help make it easier for you to learn about nutrition, whether it be “face to face” at workshops, virtually via online avenues, or through other novel methods.

Enclosed with this newsletter, you will find a survey & a self addressed stamped envelope. Please kindly take a few minutes to fill out the survey, share your thoughts about your & your colleagues’ educational needs & send it back to us in the self addressed stamped envelope. Your comments will help us to better serve you, your staff & your children.

If you have any questions, please contact us at (808) 956-4124 or at hccnp@hawaii.edu.

Meal Planning Resources
Would you like to help your parents pack healthier home lunches or snacks? If so, check out the latest meal planning resources, called, “Home Lunch Feedback Forms” & “Snack Feedback Forms.” These forms can act as a supplement to our existing “Munchable Home Lunches” & “Munchable Snacks” brochures, all of which are available on the HCCNP website (www.ctahr.hawaii.edu/new/hccnp/preschools.htm) under the Resources (Handouts) section.

You can fill out these feedback forms daily for each child, for their home packed lunches or snacks, assessing whether they included all the recommended food groups. You can also provide short comments or suggestions for parents to consider when they pack tomorrow’s lunch or snack.

Consider distributing these handouts to your parents at the start of the school year to encourage healthful food & beverage choices all year long!

Fun Fruit Facts: TOMATOES
Tomato season is here in Hawaii, running from May through September. Tomatoes come in all sizes, from small cherry tomatoes, medium sized pear-shaped plum tomatoes to large beefsteak tomatoes. Tomatoes provide a variety of vitamins & minerals, including vitamin A & C and potassium. They also provide lycopene, which is a powerful antioxidant.

Store them at room temperature away from direct sunlight and use within a week. Check out the recipe on page 4 to see how you can use tomatoes for your next dinner!
HCCNP conducted seven “Munch on a Home Lunch” workshops throughout the state this past spring. Slightly more than 30 individuals - child care providers, and other child care professionals from about ten different agencies and early childhood education programs attended the workshops.

This workshop was initially shared with schools about seven years ago, to show schools how they could host a parent workshop teaching their families how to pack healthy home lunch meals for their children. As many schools continue to rely on parents to pack home lunch meals for their children, HCCNP decided to share it with schools once again.

Participants were given an overview of the toolkit, as well as insight into keeping home lunch meals “food-safe,” while also finding economical options for budget-conscious families. Participants were also engaged in the “hands-on” tasting section of the workshop where individuals were free to explore new and creative home lunch combinations.

One preschool conducted their own “Munch on a Home Lunch” parent workshop soon after attending one of our recent spring sessions. They had a great parent turnout and their staff is now considering doing other types of workshops in the future.

Check out what some of the other workshop participants said:

“I learned a lot about food safety & really appreciate the different food combos & lunch ideas.”

“Awesome workshop—I learned so much that I will apply to work, school & home.”

To access the “Munch on a Home Lunch!” Toolkit, please visit the Presentations/Trainings section on our website at www.ctahr.hawaii.edu/new/hccnp/preschools.htm.
Recipe: Beef Tomato

Number of Servings: 6

Ingredients:
1 pound lean beef
1 clove garlic
1 round onion
2 ribs celery
2 bell peppers
2 tomatoes

Marinade for beef:
2 teaspoons cornstarch
3 tablespoons less sodium soy sauce
1 teaspoon sugar

Gravy:
¼ cup water
2 teaspoons cornstarch
1 teaspoon sugar
⅛ teaspoon salt
⅛ teaspoon pepper

Directions:
1. SLICE beef into ¼ inch thick slices.
2. In a small bowl, COMBINE marinade ingredients. ADD beef and SET aside to SOAK for 15 minutes.
3. CRUSH garlic. SET aside.
4. CHOP onion, celery, bell peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and bell peppers. STIR-FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl, MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

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

Lunch Menu Showcase

On April 29, HCCNP hosted another showcase event in leeward Oahu featuring our “Nutrient Analyzed Lunch Menu for Preschoolers.” Five individuals attended the event, representing one Oahu-based catering company, and two child care center organizations.

Participants had positive comments as they appreciated the information and resources that were shared. The vendors and schools shared intent on trying out some of the recipes and resources in their operations.

As was encouraged of all attendees at the showcase, 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.

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Mailing List: Going Green!

If you are interested in getting our newsletter via e-mail instead of traditional mail, please e-mail us at hccnp@hawaii.edu. You can help to conserve our resources!