Message from Project Coordinator

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 activities done this past program year including menu reviews, speaking engagements and workshops. Also included is a food safety tip in addition to information about a few new resources that might help you find ways to create a healthier environment at your center. Please let me know if you have any questions, comments, or concerns. I can be reached 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

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, the Hawaii Child Care Nutrition Program 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, 213 menu reviews, reaching more than 9,500 children throughout the state, were completed (Table 1). It took on average about 11 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.

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<td><strong>Menu Reviews Completed</strong></td>
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<tr>
<td>Oahu I</td>
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<td>Oahu II</td>
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<td>Hilo</td>
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<td>Kauai</td>
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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 (2%, 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 Kim if you have any questions, comments or concerns at hccnp@hawaii.edu or at (808) 956-4124.
**Speaking Engagements**

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

In October of 2012, HCCNP presented our “Munch & Move Towards a Healthy Future” workshop at a few school staff training days and at the Hawaii Association for the Education of Young Children’s Early Childhood Conference. Participants learned about the national “Let’s Move!” Child Care initiative and were able to evaluate their centers to identify specific changes they could implement at their school to improve the food and beverage choices, as well as promote quality physical activity throughout the school day.

In March of 2013, HCCNP also participated as an exhibitor at the Kia’I ka’ike conference, which also featured the Let’s Move! Child Care movement. HCCNP’s booth featured the Nutrition Education for Wellness program and HCCNP, with highlights of our recent “Munch and Move Towards a Healthy Future” workshop materials.

In the fall of 2012, HCCNP presented our “Allergies, Allergies, All Around” workshop at a school staff training day, informing participants about the most common food allergens and how to be best prepared to help prevent exposure to these food allergens.

HCCNP also took time during the fall semester to speak to aspiring young child care and nutrition professionals at the Honolulu Community College’s Healthy Young Children classes and at the University of Hawaii at Manoa’s Community Nutrition class, respectively. Students learned about HCCNP and our services as it affects the young children of Hawaii, with hopes that healthy eating can be integrated in with their future endeavors and passed on throughout the generations to come.

**Food Safety Tip: “Got Germ-free Re-Usable Bags?”**

In efforts to be ‘green’ and to help minimize our use of plastic bags, many of you might be using reusable bags to transport your groceries from the supermarket or open markets to your schools or to your homes. However, when using these bags, be sure that you use and care for your bags safely and minimize cross-contamination by practicing some of the following techniques:

**CLEAN:**
- Wash bags after each use, following your bags’ care instructions.
- Wipe insulated bags with a sanitizing cloth, especially along seams.

**SEPARATE:**
- Use different bags for raw meats, seafood and produce and other non-food items to help prevent cross-contamination.

**STORE:**
- After washing, dry bags thoroughly before storing.
- Do not store bags in car trunks. Store them at home in a cool environment.

For more information, check out the “Got GRUB” handout available for download from the Nutrition Education for Wellness website at: [www.ctahr.hawaii.edu/NEW/](http://www.ctahr.hawaii.edu/NEW/)
HCCNP conducted nine “Mealtime Matters!” workshops throughout the state this past spring. More than 50 individuals - child care providers, and other child care professionals from about 30 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 regarding their struggles with encouraging families to adopt and practice healthy eating habits at home with their children. The workshop was formulated to educate individuals about the benefits of family meals and to help inspire individuals to overcome the daily challenges of our busy lifestyles and to consider devoting more time and energy to having them regularly.

Participants shared personal memories of mealtime with their own families, either as a child or as an adult, noting the significance of those past-times and how it has impacted their current lifestyles, eating habits and family traditions. Strategies on overcoming some of the challenges, like lack of time, limited cooking skills or conflicting family schedules were shared, in addition to tips on how to ‘master-family-meals.’

Check out what some of the workshop participants said:

“Great ideas to share with families as well as with my own family.”

“I like the idea of mealtime memory, this is one way to encourage kids to sit while eating and create family bonding.”

“Great content and ideas. Resources provided are outstanding.”

To access the “Mealtime Matters!” Toolkit, please visit the Presentations/Trainings section on our website at www.ctahr.hawaii.edu/new/hccnp/preschools.htm
Recipe: Tuna Tofu Salad

Number of Servings: 8

Ingredients:
1 head lettuce
1 small bunch Chinese parsley
1 medium round onion OR ½ bunch green onion
2 medium tomatoes
1 (20-ounce) container firm tofu
1 (5-ounce) can tuna in water

Dressing:
⅓ cup less-sodium soy sauce
1 teaspoon sesame oil
1 tablespoon sugar
Optional: toasted sesame seeds

Directions:
1. CHOP lettuce, Chinese parsley and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and optional: sesame seeds together. COVER and SET aside in refrigerator until ready to SERVE.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu and tuna. COVER and REFRIGERATE until ready to serve.
7. Just before serving, POUR dressing on salad and TOSS.

For more recipes, please visit our website at: www.ctahr.hawaii.edu/new/resources.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. You can help to conserve our resources!

Contact Information:

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NEW! Resource

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Do you need ideas for meal planning or suggestions for fun active play?

If so, then check out this new resource, which was developed by USDA’s Food and Nutrition Service and the Department of Health and Human Services Administration for Children and Families, Centers for Disease Control and Prevention, and Health Resources and Services Administration.

It is packed with ‘tip sheets’ on a variety of topics including:
* Building a healthy plate with fruits & veggies
* Making water available throughout the day
* Practicing food safety
* Providing opportunities for active play and much, much more!