**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. This newsletter will introduce our 2012 spring workshop topic & tentative workshop schedule. Also included is information about the recently released MyPlate & a healthy recipe. Have a wonderful, happy & safe holiday season!

Sincerely,

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

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**Spring 2012 Workshops: Save the Date!**

The Hawaii Child Care Nutrition Program will again be offering free workshops next Spring starting February 2012. The topic will be:

"Eat & Move Towards a Healthy Future"

Childhood obesity and obesity related conditions are growing problems in our country. *Since 1980, the prevalence of obesity among children and adolescents has almost tripled.*

As a childcare provider, you have the opportunity to help young children eat and move towards a healthier future. Join us as we discuss factors contributing to childhood obesity and strategies to help make positive health changes in our future generations.

Please look for updated schedule information and registration forms that will be sent out with our next ‘new year’ newsletter or contact Kimberly at (808) 956-4124 or via email (hccnp@hawaii.edu) for more specific information.


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**Tentative 2012 Workshop Schedule:**

These dates are tentative and specific locations are to be determined.

<table>
<thead>
<tr>
<th>Area</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Kauai</td>
<td>Feb 4 (Sat)</td>
</tr>
<tr>
<td>Honolulu</td>
<td>Feb 10 (Fri) &amp; Feb 11 (Sat)</td>
</tr>
<tr>
<td>Leeward Oahu</td>
<td>Feb 24 (Fri) &amp; Feb 25 (Sat)</td>
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<tr>
<td>Kona</td>
<td>Mar 2 (Fri)</td>
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<tr>
<td>Hilo</td>
<td>Apr 14 (Sat)</td>
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<tr>
<td>Maui</td>
<td>Apr 21 (Sat)</td>
</tr>
<tr>
<td>Windward Oahu</td>
<td>May 4 (Fri) &amp; May 5 (Sat)</td>
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</tbody>
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**Mailing List: Go Green!**

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

Number of servings: 14

Ingredients:
- 4 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
- 1 small round onion
- 1 medium carrot
- 1 clove garlic
- ½ cup vinegar
- 1 teaspoon sugar
- ½ teaspoon pepper
- Optional: 2 teaspoons oregano

Directions:
1. DRAIN and RINSE beans. SET aside.
2. SLICE onion and carrot into strips. SET aside.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, onion, carrot and garlic.
5. In a small jar, COMBINE vinegar, sugar, and pepper together. Optional: ADD oregano. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:
Dry beans may be used. Cook according to package directions.

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

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 & vegetables. Pile them as high as desired, and go back for seconds of fruits and veggies if you’re still hungry.
- Fill a fourth of your plate with starches and grains ¼ 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.


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