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 an update on the Let’s Move! Child Care State Challenge, nutrition tips to *enjoy more fruits and vegetables*, along with a delicious, healthy recipe. 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

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**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 those child care programs that are not participating in the USDA Child and Adult Care Food program. Remember that for Group Child Care Programs, menus are required to be reviewed annually.

This past program year, 194 menu reviews, reaching almost 9,000 children throughout the state, were completed (Table 1). It took on average 8.4 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:

- 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
- Serving size information (ie cups, ounces, slices, etc.)
- Type of milk (ie 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 Kimberly if you have any questions, comments or concerns at hccnp@hawaii.edu or at (808) 956-4124.

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<p>| Table 1 |
| Menu Reviews Completed |</p>
<table>
<thead>
<tr>
<th>2010-2011</th>
<th>2011-2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oahu I</td>
<td>70</td>
</tr>
<tr>
<td>Oahu II</td>
<td>45</td>
</tr>
<tr>
<td>Hilo</td>
<td>10</td>
</tr>
<tr>
<td>Kauai</td>
<td>24</td>
</tr>
<tr>
<td>Kona</td>
<td>29</td>
</tr>
<tr>
<td>Maui</td>
<td>27</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>205</strong></td>
</tr>
</tbody>
</table>
Spring Workshops 2012: Munch & Move Towards a Healthy Future

HCCNP conducted seven “Munch & Move Towards a Healthy Future” workshops throughout the state this past spring. More than 30 individuals - child care providers, and other child care professionals from about 20 different programs, various agencies, and early childhood education programs attended the workshops.

This workshop was developed in response to comments received from previous workshop participants in addition to recent trends to help improve the health and well-being of our children, such as First Lady Michelle Obama’s Let’s Move! Campaign.

The workshop allowed participants to evaluate their centers to identify specific changes they can implement to improve the food and beverage choices as well as promote quality physical activity throughout the school day.

Participants worked through interactive exercises to choose healthier foods and beverages for their children. For example, participants got to take a comparative look at the number of teaspoons of sugar found in commonly consumed beverages, like flavored milk and 100% juice.

Participants then took action to move towards a healthier future by setting specific food, beverage and physical activity related goals for their schools.

Take a look at what they shared:

“I plan to...
- rinse canned fruits
- make more homemade dressings
- have more water available
- change from 2% milk to 1% milk
- inform my parents...on eating habits and exercise
- improve celebration choices
- set examples on how to eat”

To access the checklists and other handouts from this workshop visit the Presentations/Trainings section on our website at www.ctahr.hawaii.edu/new/hccnp/preschools.htm

Have you heard?

Let’s Move! Child Care (LMCC), First Lady Michelle Obama’s campaign to improve the health of our nation’s children recently recognized HAWAII as one of the top five states who had the highest percentage of LMCC participants who successfully completed the initiative’s checklist quiz! In addition, Seagull Schools located in Kailua, was specially recognized for their outstanding work!

www.healthykidshealthyfuture.org/resources/statechallenge.html

A big CONGRATULATIONS and heartfelt THANK YOU to all the centers and providers throughout the state who are taking steps in the right direction to help improve the health and well-being of your children! Keep up the good work and continue to instill healthy habits in our future generations!

Visit www.healthykidshealthyfuture.org for more information and for access to countless resources on helping your children to move more and eat healthier.
**Speaking Engagements**

HCCNP participated in one conference and at a few professional development events throughout this past program year.

On October 8, 2011, HCCNP presented our “Allergies, Allergies, All Around” workshop at the Hawaii Association for the Education of Young Children’s Hawaii Early Childhood Conference. Participants learned about the most common food allergens and how to be best prepared to help prevent exposure to these food allergens.

HCCNP also presented at Seagull School’s Professional Development Training day on March 27, 2012. Staff got a refresher course on reading food product nutrition labels and learned about nutrient content claims, percent daily values and even whole grains. Skills were then applied to identifying and incorporating more healthful options into their snacks and menus.

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

**Nutrition Tips: Enjoy More Fruits & Veggies!**

Having difficulty getting your children to enjoy more fruits and veggies? Work with your families and try these strategies collaboratively with your parents to find what works best for your children:

- Expose them to a variety of fruits & veggies early and often
- Be a great role model and enjoy fruits & veggies with your children
- Experiment with all different forms: fresh, frozen, canned, and dried
- When buying fresh—buy fruits & veggies in season. They’ll be at peak quality and will taste better
- Trial fruits & veggies of different textures, shapes, colors
- Empower children to select fruits & veggies they would like to try at the supermarket
- Engage children to help rinse or prepare fruits & veggies for family meals
- Grow your own!
- Never use fruits & veggies as a punishment

Simple ways to incorporate fruits & veggies into more of your snacks and meals:

- Add fruits, like bananas or raisins to yogurt or cereal
- Add veggies, like corn or peas to soups or stews
- Blend a variety of fruits, like berries or frozen peaches into smoothies
- Add dried fruits to trail mix or granola
- Top your pancakes or waffles with fruits using the “Skillet Fruit” recipe on page 4
- Use thinly sliced fruits in place of jelly for sandwiches (such as apples or bananas)
- Experiment with different veggies in stir-fry meals
- Keep ready-to-eat fruits & veggies available for easy access throughout the day
**Recipe: Skillet Fruit**

**Number of Servings:** 16

**Ingredients:**
- 1 teaspoon lemon rind *zest
- 3-4 cups fruits (fresh OR canned)
- ¼ cup fruit juice OR water
- 2 tablespoons brown sugar
- 2 tablespoons butter

**Directions:**
1. GRATE lemon zest. SET aside.
2. SLICE or DRAIN fruits and SET aside.
3. In a large pot, HEAT and STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

**Variations:**
Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruits may be used. Use in place of syrup on French toast, pancakes, or waffles.

*Zest: the outer peel of a citrus fruit.

For more recipes, please visit our website at:

http://www.ctahr.hawaii.edu/new/resources.htm

**NEW! Resource**

HCCNP has compiled our latest resource, available for free download on our website:

www.ctahr.hawaii.edu/new/hccnp/

Not only does this 16 Day Lunch Menu follow the USDA Lunch meal pattern, but it has also been nutrient analyzed to ensure that these meals meet the nutrient needs of preschoolers, when averaged over time. Each recipe is equipped with creditability values to make menu planning easier.

The menu allows you to offer some local flavors, while incorporating healthier options, such as lower fat dairy products, more whole grains, beans and seafood and leaner meats.

Feel free to use and share these recipes! If you have any comments about the menu, please complete the “Comments Sheet” found on page 43 of this resource and send it to HCCNP.

**Contact Information:**

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**Mailing List: Going Green!**

Thanks to those who signed up to be on our e-mail listserv! If you are interested in getting our quarterly newsletter via e-mail instead of traditional mail, please e-mail Kim at hccnp@hawaii.edu. You can help to conserve our resources and reduce waste!