University Of Hawaii
Cooperative Extension Service
Nutrition Education for Wellness Program

Jaymee Wakumoto
Loma Linda University
Dietetics Program
Community Nutrition Rotation
6/12/12 – 8/31/12
Overview

- Introduction
- Grow Your Own
- EFNEP
- SNAP-Ed
- HCCNP

- Food Bank/Pantries
- LIFE-II Staff Meetings
- Food & Money Basics Training
- Web Site Home page “gallery”
- Hawaii eXtension outline drafts
Loma Linda University

- Located in Southern California
- Seventh-day Adventist educational health-sciences institution
Purpose of Dietetic Internship Community Rotation:

- Professional learning experience

- Demonstrate the ability to integrate the principles of public health in the context of a public health setting

- Develop skills and approaches to problem solving
Nutrition Education for Wellness Program (NEW)

Web Site: http://www.ctahr.hawaii.edu/new/

• Statewide “umbrella concept” program that facilitates consumer foods and nutrition education

• Part of the Cooperative Extension Service at the University of Hawaii at Manoa

• Projects: Grow Your Own, EFNEP, SNAP-Ed, HCCNP
Grow Your Own (GYO) Project

Web Site:  http://www.ctahr.hawaii.edu/NEW/GYO/

- Provides information and tips on growing your own food

- To learn about planting, feeding, watering, and harvesting food/plants while remembering food safety

- To learn how to prevent pests and diseases, including home made bug sprays

- Observation/Participation: Weinberg Village Classes (2), transplant green onions, cooking demo (garlic eggplant)
Expanded food and Nutrition Education Program (EFNEP)

Web Site:  http://www.ctahr.hawaii.edu/NEW/EFNEP/index.htm

- Provides resource management, food safety, and food skills to limited resource populations

- Contributes to personal development of the family, diet, and nutritional well-being

- A federally funded program for low income families

- Observation/Participation: Family Promise, Kalani Gardens, Barber’s Point, Hilo, food demos (gon lo mein, ranch dressing, fruit smoothies)
Family Promise of Hawaii
(Example of an EFNEP Class)

• Innovative program to help families with children escape homelessness

• Host sites like St. John Vianney provide a safe place to sleep, good food, and hospitality

• 3 to 5 families (up to 14 people) can be accommodated by each network

• Observed an EFNEP class with Program assistant assigned to the area

http://www.familypromisehawaii.org/
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)


• Provides practical information for Hawaii’s low-income households

• Facilitates promotion of healthful diets

• Increases nutrition knowledge and encourages behavior change
SNAP-Ed Classes

• **Purpose:**
  - To provide practical nutrition education for Hawaii’s low-income households

• **Observe 2 classes at Aloha Club House**
  - Local community center that offers people who have mental illnesses opportunities to achieve their full potential
  - Food guide
  - Spending less, eating better

• **Observation/Participation:**
  Co-teach spending less, eating better
Hawaii Child Care Nutrition Program (HCCNP)

Web Site:  http://www.ctahr.hawaii.edu/NEW/HCCNP/

• Provide assistance, support, and consultation to child care providers in meeting licensing requirements regarding nutrition

• Provide nutrition education, training, and resources for licensed child care providers

• To promote the quality of nutrition services provided by licensed child care providers

• Observation/Participation: Menu reviews, fall 2012 newsletter, Informational leaflets
Menu Reviews

Objectives:

✓ To learn the nutritional requirements meals need to meet for licensing

✓ To determine if the child care provider’s menu meets serving size and food component requirements set by USDA

✓ As part of the USDA’s Child and Adult Care Food Program, Child care providers must have their menus reviewed by a qualified nutrition consultant
# Lunch Menu

(Approved after consultation)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>3</td>
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<td>7</td>
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<tr>
<td>NO SCHOOL</td>
<td>NO SCHOOL</td>
<td>NO SCHOOL</td>
<td>EGG SALAD SANDWICH</td>
<td>SPAGHETTI BREAD</td>
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<td></td>
<td>LETTUCE &amp; TOMATO</td>
<td>BREAD FRUIT &amp; CARROT</td>
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<td>FRUIT</td>
<td>STICKS</td>
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<td>13</td>
<td>14</td>
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<tr>
<td>BARBECUE CHICKEN RICE FRUIT &amp; CORN</td>
<td>TUNA SANDWICH FRUIT &amp; VEGGIES</td>
<td>CHICKEN ALFREDO W/ PASTA FRUIT &amp; CORN</td>
<td>FISH STICKS RICE FRUIT &amp; VEGGIES</td>
<td>LASAGNA BREAD FRUIT &amp; CORN</td>
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<tr>
<td>17</td>
<td>18</td>
<td>19</td>
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<td>21</td>
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<tr>
<td>HAMBURGER STEAK RICE FRUIT &amp; SALAD</td>
<td>TURKEY &amp; CHEESE SANDWICH FRUIT/VEGGIES/YOGURT</td>
<td>CHICKEN NUGGETS RICE FRUIT &amp; CARROT STICKS</td>
<td>MEATLOAF RICE FRUIT &amp; CORN</td>
<td>MAC &amp; CHEESE FRUIT &amp; SALAD</td>
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<tr>
<td>24</td>
<td>25</td>
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<td>28</td>
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<tr>
<td>FRIED RICE W/ TURKEY BACON, HAM, EGGS, PEAS &amp; CARROTS &amp; FRUIT</td>
<td>BEEF HOT DOGS FRUIT &amp; CARROT STICKS</td>
<td>GRILLED HAM &amp; CHEESE SANDWICH FRUIT/SALAD/YOGURT</td>
<td>PIZZA FRUIT &amp; VEGGIES</td>
<td>BEEF BROCCOLI RICE FRUIT &amp; SALAD</td>
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<td>31</td>
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<tr>
<td>TURKEY W/ GRAVY MASHED POTATOES FRUIT &amp; VEGGIES</td>
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*Serving Sizes: Milk ¼ c, Fruits & Vegetables ¼ c each, Bread ½ slice, Brown Rice (or Hapa) ¼-½ c, Meat or Meat Alternate 1 ½ oz.
Fruits: Fresh Bananas, Fresh Pineapple, Fresh Apple Slices, Fresh Orange Slices, Canned Pears, Canned Peaches
Vegetables: Fresh Vegetables, Green Beans, Carrot Sticks, Corn, Steamed Broccoli, Steamed Vegetable Medley (Broccoli, Cauliflower, Carrots)*

**LUNCHES INCLUDE 2% MILK**

**MENU SUBJECT TO CHANGE**
Fall Newsletter

- To develop a fall newsletter to be sent out to child care providers

- Informs providers on upcoming workshops and trainings

- Provides information on a nutrition topic relevant to child care providers (Healthy Holidays: Halloween, Thanksgiving, Christmas/New Year’s)

- Recipe from NEW foodskills cookbook: Tuna Sunshine Mix
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 includes tips and suggestions for making the holiday season healthier. Also included is information about our upcoming Spring workshops. Have a wonderful, happy & safe holiday season!

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

Healthy Holidays
The holidays are a common time for celebration parties consisting not only of fun but food. A school party may consist of treats high in sugar, fats & salt. Offering so many treats can contribute to unhealthy eating habits. Parents and teachers should shift the focus of school parties from unhealthy food to healthy fun.

Halloween
Children will get plenty of candy while trick-or-treating, so schools should incorporate activities such as:
- Having a costume party
- Other options instead of candy such as stickers or temporary tattoos
- Having the children create their own decorative bags for trick-or-treating

Thanksgiving
- Have children write or draw pictures about what they are thankful for.
- Arts and crafts project, making turkeys by tracing child’s hand on construction paper, cutting it out and decorating it to resemble a turkey.

Christmas/New Years
- Decorate the classroom with snowflakes, snowmen or angels made by the children
- Make holiday cards for seniors or hospitals
- Make snow globes using baby food jars and glitter or snow flakes. Fill the jar with water leaving a half inch at the top and use a hot glue gun to seal the lid

Recipe: Tuna Sunshine Mix
Yield: approximately 1 1/2 cups
Ingredients:
- 1 (5-ounces) can tuna in water
- 1/2 cup grated carrots
- 1/2 cup nonfat powdered milk
- 1/4 cup mayonnaise
- Pepper to taste
- Optional: 1/4 cup chopped onions
- 1/4 cup celery
- 2 tablespoons pickles

Directions:
1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery, and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:
Use as a sandwich spread, cracker topping, or as a vegetable dip.

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

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Website: www.ctahr.hawaii.edu/newhccnp

Mailing List: Going Green!

Thanks to those who signed up to be on our e-mail list! 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 limited resources!
Informational Leaflets

Purpose:

• To create handouts that can be given to preschools and/or parents of preschoolers: Healthy and Safe Home Lunches, Prepare and Eat More Meals at Home

• Provide simple, useful nutrition information and/or tips for children and their parents
Healthy & Safe Home Lunches

The following are some suggested tips to follow when packing lunches to ensure the food remains safe to consume:

1. Keep Everything Clean
   - Wash hands with soap and warm water for 20 seconds before preparing, packing & eating home lunch meals.
   - Wash cutting boards, dishes, utensils, and countertops after preparing each food item.

2. Rinse Produce
   - Rinse all fresh fruits and vegetables under running water before eating or packing them in lunch container and before eating.

3. Handle Leftovers Properly
   - Store leftovers for only 3-4 days in the refrigerator.
   - If lunch will include leftovers, be sure to cool food to a safe temperature within 2 hours.

4. Consider investing in “cool tools”
   - Use freezer gel packs to help keep perishable foods cold.
   - Use insulated, lunch boxes or bags to transport safe home lunches.

5. Pack Light
   - Pack only the amount of perishable food that will be eaten at lunch.
   - Prepare and pack the food the night before and store it in the refrigerator. Then grab your home lunch right before you leave in the morning to help minimize the time the food is at room temperature.

6. Keep Cold Foods Cold
   - Make sure to transport food with an ice source and refrigerate upon arrival if one is available.
   - Frozen water bottles or juice boxes can act as a freezer gel packs.

7. Keep Hot Foods Hot
   - Use an insulated container for hot foods like soups, stew, and chili. Fill container with boiling water, let stand a few minutes, empty and pour in hot food. Keep the container closed until lunchtime to minimize the escape of heat.

8. Microwave Cooking/Reheating
   - Cover food to hold in moisture and promote safe even heating.
   - Reheat leftovers to at least 165 degrees F.

9. Foods that can be kept safe at room temperature:
   - Peanut butter & jelly sandwiches, vegetables, crackers, dried fruit, nuts.

10. Avoid Cross-Contamination
    - To help avoid foodborne illness, discard all used food packaging (plastic bags, food wraps, foil) and paper bags at lunchtime.

Prepare and Eat More Meals at Home

Preparing and eating meals at home is an important step toward eating healthy. Usually when eating out we eat larger sizes; more calories, fat, and sugar; fewer fruits and vegetables. There are four important steps that can be taken to help you prepare quick healthy meals at home: PLAN, SHOP, FIX, and EAT.

**PLAN**
- Planning meals will save time and money in the long run
- By planning ahead, you will have the items on hand to fix a quick, easy, healthy meal
- Plan to have a block of time when cooking with children
- Set aside 30 minutes to plan for the week
- Look in cookbooks, newspapers, Web sites, or magazines for quick recipe ideas


**SHOP**
- Shop regularly (ex. once a week, once a month)
- Buy fruits and vegetables in season
- Visit local farmer’s markets for lower prices and better quality
- Stick to the list (you will be less likely to overspend or forget ingredients)
- Don’t shop hungry
- Get children involved by letting them choose a new fruit or vegetable that they’d like to try or an old favorite

**FIX**
- Wash an prepare fruits and vegetables in advance
- Add favorite canned or frozen fruit or vegetables to any main meal
- Get the kids involved. Children are more likely to try new foods if they help in preparing them

**EAT**
- Make time to eat together as a family
- Turn off the TV
- Use family meal times to share events of the day
- It’s easier to make healthy choices when meals are prepared at home

**Cooking with Kids:**
- Start with breakfast; make eggs, muffins or pancakes
- Have a cooking tool drawer for your children
- Help them make an apron or chef hat to wear when cooking
- Emphasize hand washing
- Expect spills and messes
- Young cooks need constant supervision
- Give children positive feedback on their cooking effort to encourage continued participation
Food Bank

- Collects, warehouses, & distributes mass quantities of perishable and non-perishable food

- Distributes to 250 agencies

- Sort foods for food safety
  - Fresh produce
  - Breads & bakery products
Food Pantries

- Palolo Valley Homes
  - MyPlate session

- Angel Network Charities
  - Food pantry
  - Other services
    - Furniture, household items, clothes
    - Counseling
    - Budgeting
    - Financial Aid
LIFE-II Meetings

• July
  • USDA 150th Anniversary Presentation: USDA/University Relationships with Acronym Soup Pre/Post Tests
  • Food Demonstration: Somen Salad

• August
  • Food demonstration- Trail mix
  • Evaluation: Overall- 4.4,
    Comments: Very good, looks good can’t wait to try it, good first time
USDA/University Relationships

Purpose:
- Explain where/how Program Assistants contribute
- Explain the relationship between the USDA and University of Hawaii and its Cooperative Extension Services and programs
*Organizational chart can be found on the NEW home page at:

http://www.ctahr.hawaii.edu/NEW/
Assessment: Acronym Soup

**Purpose**
- To assess knowledge of acronyms associated with the University and Cooperative Extension Service programs

Acronym Soup

1. SNAP-Ed
2. HNFAS
3. CES
4. EFNEP
5. CTAHR
6. NEW
7. LIFE-II
8. UHM
9. USDA

Supplemental Nutrition Assistance Program - Education
Human Nutrition Food & Animal Science
Cooperative Extension Service
Expanded Food and Nutrition Education Program
College of Tropical Agriculture and Human Resources
Nutrition Education for Wellness
Lifeskills in Food Education - Integrated & Intergenerational
University of Hawaii at Manoa
United States Department of Agriculture
## Pre & Post-Test Results (Acronym Soup)

<table>
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<tr>
<th>Acronym</th>
<th>Pre-Test (n=11)</th>
<th>Post-Test (n=11)</th>
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<td>SNAP-Ed</td>
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<tr>
<td>USDA</td>
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Food & Money Basics Session with Student Assistants

• Purpose:
  • Food guide
  • Safe food handling
  • Mirrors/Goals
  • Balancing act- Budget boxes

• Food demo
  • Garlic eggplant
  • Chow fun

• Observation/Participation:
  Co-teach: Food Guide, Safe Food Handling
Homepage “Gallery”

Web Site: http://www.ctahr.hawaii.edu/NEW/

• Development of two “galleries” for top of NEW homepage
  • Prepare and eat more meals at home
  • Enjoy and eat more fruits and vegetables


*Old galleries can be found in archives on: http://www.ctahr.hawaii.edu/NEW/*
Major Project

- Development of a draft (outline, shell) webpage based on eXtension’s 6 resource areas:
  - Prepare and Eat More Meals at Home, Enjoy More Fruits and Vegetables, Move More Everyday, Rethink Your Drink, Right Size Your Portions, Tame the Tube

- Focuses on information and/or resources for Hawaii residents

- Consistent areas covered: Information/links relevant to topic, newsletters/leaflets, recipe, resources
Major Project

About

With the rising concern for health and well-being the following links and websites are useful resources meant to help Hawaii residents improve their health. Many of these resources specifically address lifestyles common in Hawaii. These resources can be used by the general public and were put together to help individuals in real life situations.

Goals

- To provide resources to help people live healthy lifestyles
- To provide information targeting Hawaii residents
- To provide people with the information and resources to improve their health

National eXtension Page: http://www.extension.org/families_food_fitness
Questions?
Thank You!

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