Message from Project Coordinator

Aloha! Thank you for your continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii State Department of Human Services. This newsletter will feature information about a helpful menu planning resource, the importance of family mealtime, handy tips for hand washing and an easy salad recipe.

If you have any questions, comments or concerns, please contact Kim at hccnp@hawaii.edu or at (808) 956-4124. We look forward to working together in the future for the health and safety of our children.

Sincerely,

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

Resource: “The Menu Venue”

Need help planning your menus? Check out this new resource—a menu planning toolkit created just for child care providers, available at: www.ctahr.hawaii.edu/new/

It has information on the United States Department of Agriculture child meal patterns and portions. It also features tips on serving foods to your children safely with regards to potential choking hazards, food allergies and general food safety tips.

There are even helpful form fillable menu templates and sample menus for you to use if you need tips and suggestions on getting started.

Family Mealtime

Work, meetings, chores, errands, chauffeuring kids from school to soccer practice to music lessons. Our daily routines can be a handful to juggle! Amidst all the daily obligations and chaos of our fast paced modern world, there is one event that should be included in our routine everyday: family mealtime. Mealtime may be the only time that some families can spend together and doing so can help to build strong families.

Mealtime offers many opportunities for family bonding, fun, recreation and learning. Create a pleasant atmosphere by turning off the television, and putting newspapers and other cares aside. Focus instead on each other and enjoying the meal together.

Mealtime can be one of the strong threads of life that bind us as a family in addition to being something that everyone – parents and children alike – can look forward to after a busy, exhausting day at work and school.
Did You Know? Clean Hands Can Save Lives!

One of the most important acts you can do to help prevent yourself from getting sick and spreading illness to others is WASHING YOUR HANDS! You can teach children to wash their hands properly.

Wash hands with warm, soapy water for at least 20 seconds. Have the children sing the alphabet song while washing their hands to make sure they are washing long enough. Here are some important times to wash your hands:

- Before preparing, handling or eating food
- After using the bathroom
- After handling garbage
- After handling raw meats or poultry
- After changing diapers
- After handling animals
- After playing or working outside
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- After changing diapers
- After handling animals
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Recipe: Pasta Salad

Number of servings: 10

Ingredients:
- 2 ½ cups uncooked pasta noodles
- ½ crown broccoli pieces
- 1 firm tomato
- 1 rib celery
- 1 carrot
- 1 (15 ½-ounce) can kidney beans
- ½ cup Italian salad dressing
- Optional: ¼ medium round onion
- ¼ bell pepper

Directions:
1. In a medium pot, COOK pasta. SET aside.
2. DRAIN, RINSE, and COOL pasta.
3. CHOP broccoli and tomato into bite-sized pieces.
4. Thinly SLICE celery and carrot.
5. Optional: ADD CHOPPED or DICED onion and bell pepper.
6. DRAIN and RINSE beans.
7. In a large bowl, ADD pasta, broccoli, tomato, celery, carrot, and beans.
8. COVER and REFRIGERATE until ready to SERVE.
9. Just before serving, SHAKE and POUR the dressing on the salad.
10. TOSS the salad.

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

For more recipes, please visit our website at: http://www.ctahr.hawaii.edu/NEW/cookbook.htm.

Mailing List: Going Green!

In effort to conserve resources, the Hawaii Child Care Nutrition Program will start to send our newsletters by e-mail instead of traditional mail to those who are interested in being put on our ‘e-mail’ list-serv.

If you are interested please e-mail Kim at hccnp@hawaii.edu.

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