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 includes various tips on meal planning, enjoying more fruits & vegetables as well as keeping your food safe. A simple “bean soup” recipe is also included. Please let me know if you have any questions, comments, or concerns. I can be reached via e-mail 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 Planning Tip: Family Style Meals

Meals are a great time for children to learn good manners, as well as develop their fine motor and social skills. Family style meals are great because they allow flexibility in portions consumed and help foster development of healthy eating attitudes and habits.

If you are considering having family style meals at your center, please consider the following:

* Place all required meal components (milk, fruits, vegetables, grains, meats) on the table at the same time.
* Ensure full portions of all required food components are readily available for all children and any adults.
* Have children serve themselves, with help from adults when needed.
* Initially offer full portions of each meal component, but do not force children to eat more food than they want.
* Allow children to determine how much food they wish to consume.
* Allow children to get more food after everyone has been served.
* Eat with your children. Talk about the foods being offered.
* Role model good eating habits.
* Make family meal time a happy time!

As children are able, you can also have them help you prepare for your meals, by having them help clear and set the table, or do simple preparation tasks, like rinsing vegetables.

For more information about meal planning, please visit our website:
www.ctahr.hawaii.edu/new/hccnp/fccp.htm
Free Menu Reviews!

Would you like to assure your children’s parents and families that the meals and snacks you serve are balanced and nutritious?

If your program is not enrolled in the USDA Child and Adult Care food program and you are interested in getting your menus reviewed free of charge, please contact Kimberly at hccnp@hawaii.edu or at (808) 956-4124. Our program can assist you and provide suggestions as you create or update your menu.

Our website has menu planning templates and helpful guides on recommended portions for young children. Feel free to browse our many menu planning resources if you need some tips or ideas: www.ctahr.hawaii.edu/NEW/HCCNP/fccp.htm

Nutrition Tip: 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 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
- At the supermarket, empower children by having them select fruits & veggies they would like to try
- Engage children by having them 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 onions and carrots to soups or stews. See the “Bean Soup” recipe on page 4.
- 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
- 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
**Have you heard about the “danger zone”?**

The “danger zone” is a food safety term that refers to a range of temperatures, specifically between 40°F-140°F, where bacteria grow the most rapidly.

Bacteria are a natural part of our environment. They are even found on the foods we eat. When perishable food is left out at room temperature for too long, the bacteria that are naturally present on food, can potentially grow to dangerous levels, which can in turn, make us ill.

**So what do we do?**

Keep foods OUT of the danger zone by:

**KEEPING HOT FOODS HOT** at or above 140°F
- Cook & reheat foods to recommended temperatures: [www.foodsafety.gov/keep/basics/cook](http://www.foodsafety.gov/keep/basics/cook)
- Use chafing dishes, steam tables or warming trays

**KEEPING COLD FOODS COLD** at or below 40°F
- At the store, buy cold food last
- Use coolers & ice packs when transporting perishable foods
- Keep your refrigerator at or below 40°F
- Refrigerate foods as soon as possible, or within 2 hours. If the room temperature is above 90°F, refrigerate foods within 1 hour.
- Use shallow containers for quicker cooling
- Thaw foods safely

For more information about keeping your food safe, visit: [www.foodsafety.gov/](http://www.foodsafety.gov/)

**References:**

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**Nutrition Tip: Water**

The next time you have a picnic at the park or outing at the beach, be sure to pack a water bottle and drink often to stay hydrated.

You might be thinking, “Is water really that important for my body?” Yes! With more than half of your body weight made of water, you couldn’t survive for more than a few days without it.

Do not wait until you are thirsty to drink water—by then, you may already be dehydrated. Thirst is usually an indicator that body fluids are well below required levels for optimal function.

**Replenish water in your body:**
- Drink plain water.
  - Add a slice of lemon or lime.
- Eat foods with higher water content such as fruits and vegetables.
- Add seltzer or sparkling water to small amounts of 100% fruit juice
  - Combine ice and fruit in a blender to create a slushy, cool and refreshing drink.
- Carry a water bottle in the car, at home and at work.
- Ask for water when dining out.

**Drink water often and stay healthy!**
Recipe: Bean Soup

Number of servings: 9

Ingredients:
- 1 (15-ounce) can kidney beans
- 1 clove garlic
- 1 small round onion
- 1-2 ribs celery
- 1 medium carrot
- 1 medium potato
- ½ small cabbage
- 4 cups water OR 2 (14 ½-ounce) cans less sodium chicken OR beef broth
- 1 (8-ounce) can tomato sauce

Directions:
1. DRAIN and RINSE beans. SET aside.
2. MINCE garlic. SET aside.
3. DICE onion, celery, carrot, and potato. SET aside.
4. CHOP cabbage and SET aside.
5. In a large pot, ADD water OR broth, beans, garlic, onion, celery, carrot and tomato sauce.
6. SIMMER for 20-30 minutes.
7. ADD potato and continue cooking until soft.
8. ADD cabbage just before serving.

Variations:
Any vegetables may be used.
Add any pasta/noodles (macaroni).
Portuguese sausage, turkey, or ham may be used.
Dry beans may be used. Cook according to package directions.
Broth may be made from meat bones.

For more recipes from our Food Skills Cookbook, 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 and provide your name and mailing address.

You can help to conserve our limited resources!

Your Opinion Counts!

Do you have questions about meal planning? Need tips for feeding picky eaters? Need ideas for healthy, tasty recipes?

HCCNP would like to hear what nutrition related topics you are interested in learning more about—contact us and let us know! We will try to include such topics in our future newsletters, workshops and other training materials.

Contact Information:

Hawaii Child Care Nutrition Program
1955 East-West Road, #306
Honolulu, Hawaii 96822

E-mail: hccnp@hawaii.edu
Phone: (808) 956-4124
Fax: (808) 956-6457

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