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. We hope that everyone is having an awesome start to this new year! This newsletter includes a few nutrition tips and also a healthy, simple recipe.

If you would like a free nutrition review or have any questions or comments, please do not hesitate to contact me at (808) 956-4124 or via email at hccnp@hawaii.edu.

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

Nutrition Tip: Make Your Meals Appealing

Adding diversity to your meals and snacks can go a long way. Planning your meals with foods of different colors, flavors, shapes, textures and temperature may help you, your children and family eat a diet with greater variety in addition to keeping everyone interested at the dining table.

Consider incorporating foods with different:

- **Colors:** Create a rainbow on your plate with a variety of fruits and veggies like bell peppers, strawberries, tomatoes, carrots, papayas, corn, lettuce, spinach, red cabbage, eggplant and sweet potatoes.

- **Flavors:** Keep your tongues captivated with sweet, sour, salty, bland and, or tart foods.

- **Shapes:** Chop or slice food in slices, strips, small chunks and wedges.

- **Textures:** Include foods that are crunchy, soft, moist, dry, smooth or chewy.

- **Temperature:** Serve foods and beverages of various temperatures, while being mindful to always serve foods at safe and appropriate temperatures.

**Did you know?**

Did you know that grapes and hotdogs are considered a choking hazard for young children? It may become lodged in the child’s throat and block his or her airways.

It is recommended to cut grapes in half and hotdogs in half, lengthwise, if these foods are served.
Recipe: Leafy Tofu

Number of servings: 6

Ingredients:
- 1 (20-ounce) container tofu
- 2 bunches spinach
- 1-2 tablespoons oil
- 2 tablespoons soy sauce
- 1 teaspoon toasted sesame seeds

Directions:
1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTE tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

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

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 program / center you are from.

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Too much ‘screen time’ can:
- cut into quality family time
- cut into development of language and interactive skills in young children
- cut into time for physical activity and, or homework
- increase exposure to commercials that feature foods that may be high in fat, sugar & or salt which may influence their food preferences

So what can you do at your center and what can parents do at home?
- Limit time with the television and computer to 1-2 hours per day for everyone. Be a good role model.
- Make the most of your time with the ‘tube’ by selecting programs that you find most educational or beneficial for your center or families.
- Eat meals and snacks with the television and computer turned OFF. Talk to one another instead.
- Brainstorm other fun activities that you can do together as a group or family.
- Specifically for parents at home—keep the ‘tube’ in the common areas and out of their bedrooms.


Tame the Tube—Time with Telly

After a long day of work or school, many people, including children, watch television or hop onto the computer to ‘unwind.’ Most homes have at least one television set and, or computer which together provide opportunities for watching cable & movies, surfing the internet, and playing video-games.

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