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. As we enter our fifth program year, we will strive to improve existing services and continue to provide general nutrition information.

This newsletter will highlight some of the activities done this past program year (2008-2009) as well as highlight information about our upcoming fall workshops, meal planning tools and a healthy recipe. I am pleased to announce that also included is a column written by Mae Mendelson (page 2), who is a Professor of Intergenerational Studies in Residence at Chaminade University and the President of Travel & Learn, LLC, a company dedicated to creating intergenerational study tours. She kindly has agreed to share her insights about the invaluable benefits of intergenerational work, where older adults and young children listen to, interact, and learn from each other. Learn how you may apply such principles in your center.

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 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

Menu Reviews

Making efforts to serve healthful meals and snacks in your center is an invaluable service that you can provide to the keiki you serve. The eating habits formed as a young child can have a great impact on the choices made as an adolescent and indefinitely as an adult.

Over this past program year (2008-2009), the Hawaii Child Care Nutrition Program extended our reach to provide free consultation and nutrition review services to family child care providers who are not enrolled with the PATCH Food Program. Specifically, almost twenty nutrition reviews were completed for family child care providers throughout the state. HCCNP worked closely with each provider to ensure that the foods served were safe, appropriate and met the basic USDA guidelines.

Although most reviews are done within a few weeks, HCCNP kindly asks providers to plan for about 4-6 weeks for a review to be completed.

In order to help expedite the review process, HCCNP asks providers that when submitting menus, to include the following:
- serving size information (ie cups, oz, slices, etc.)
- type of milk (ie. 2%, 1%, etc.) and juice brand name, if served

HCCNP gladly welcomes any providers, not on the food program who are interested in getting their menus reviewed or who have any nutrition related questions. Sample menus, menu planning guides and other handouts and resources can be found at: http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm

Please contact Kimberly at hccnp@hawaii.edu or (808) 956-4124 with any questions, comments or concerns.
Intergenerational Connections

By Mae Mendelson
The Intergenerational Center at Chaminade

I’ve been a believer in the power of intergenerational connections; especially in school settings. Many older adults (50+) come with a tremendous desire to give back to the community, to nurture and to care for the young; often unconditionally. As volunteers and unlike parents and teachers, their major reward is the intrinsic value of “being with them, listening to them, learning from them”. “Laughter…I laugh a lot with these kids.”

When I walk into a classroom that has brought older adults together with children, I am reminded of my Grandmother. She thought I was brilliant, bought me comic books and told me family ghost stories. A very young child who shares experiences with an older adult is less likely to fear aging and the characteristics of an older friend who is becoming frail or impaired. It is a part of the cycle of human development that we ignore in our age segregated institutions. We may think that children often spend time with older adults, but I have been surprised by how isolated by age we are, even in families.

A very young child who shares experiences with an older adult is less likely to fear aging and the characteristics of an older friend who is becoming frail or impaired. It is a part of the cycle of human development that we ignore in our age segregated institutions. We may think that children often spend time with older adults, but I have been surprised by how isolated by age we are, even in families.

The field of intergenerational work is rich with possibilities. The quotes that follow come from different participants in the SKIPP program. This preschool demonstration project brought older adults into six preschools in Hawai`i to work with children who needed special attention because of behavior problems. We saw positive results in nine months.

The teacher: “Aside from providing further coverage, our kupuna have had a tremendous impact with the children who need extra special attention. They provide a loving environment, a wealth of knowledge and an unending support for staff. Our kupuna are a treasure for all to embrace!”

The child: “Child looked at Sue in the eyes (Sue pencils her eyebrows in) and asked… where are your eyebrows… what crayons do you use for this?”

The older adults volunteer: “Being there and learning from their innocence… a view of life that we’ve gone past.”

Another early childhood intergenerational model is the shared site; where adult day care facilities are co-located with preschools. We have a wonderful shared site in Kapolei at Seagull Schools. A good website to visit if you want to know more about intergenerational work is Generations United at www.gu.org

The meaningful intergenerational experience within a preschool, or any setting for that matter, doesn’t happen by accident. It is intentional. Programs have clear goals, training for volunteers and staff, and activities that are naturally integrated into the day’s curriculum. It helps to have someone dedicated to making the experience work for everyone involved. If you would like to share your experiences or learn more, please contact me at maconas@yahoo.com.

Intergenerational Programs

Check out this great website put forth by Penn State’s College of Agricultural Sciences, Agriculture & Extension Education department. It provides a great toolkit on how you can get started on developing an intergenerational program in your early childhood care center including a Guidebook, activities and other resources:

http://intergenerational.cas.psu.edu/earlychildhood.html
HCCNP conducted workshops this past spring entitled “Helping Our Keiki Eat Healthfully & Happily.” Six workshops were held from May through June throughout Oahu. About twenty family child care providers representing fourteen different programs, and various agencies attended.

This workshop introduced our program and various services and also included a very basic meal planning segment. Providers also had a chance to learn about how to create a healthful eating environment that is safe, positive and nutritious. Factors that may affect how and what children choose to eat were also discussed.

Below are quotes from workshop participants:

“Thought the beginning—discussing our previous food / eating experiences was a great way to begin the workshop.”

“It was very informative, straight-forward, and non-technical.”

I liked learning about different ways to introduce all types of foods.

The complete toolkit for this workshop can be found on our website at:

http://www.ctahr.hawaii.edu/new/hccnp/fccp.htm

It is located under the section titled: “Presentations/Trainings.”

Workshops: Spring 2009

Workshops: SAVE THE DATE! Fall 2009

Have you ever wondered what the phrases “Low Fat” or “Whole Grains” mean? You may have seen such phrases and many others on food labels when shopping at the grocery store. There are so many different nutritional claims on food packaging that it can get very confusing. How do you know which foods are best for you and your keiki?

HCCNP welcomes all interested family child care providers to “Get the Facts: Nutrition Facts!” and attend our upcoming set of workshops this fall. Throughout September and October, HCCNP will hold workshops that will help you to understand how to read nutrition labels, by going over nutrient content claims, serving sizes, ingredients lists, allergy statements and whole grains. There will also be a short taste-testing activity as well. As with all of our trainings, after attending the workshop, you will receive a certificate of completion to show your efforts of continuing education in the core area of “Health, Safety and Nutrition.”

Please see the enclosed pink flyer for more information on the workshop schedule. Also enclosed is a purple registration form. If you and others in your center are interested in attending, please submit (email, fax or mail) this form to the address indicated on the form, as space is limited.

All information and forms will soon be available on our website as well at: www.ctahr.hawaii.edu/new/hccnp Please contact Kimberly at (808) 956-4124 or via email at hccnp@hawaii.edu for updated information or any other questions that you may have.
Recipe:
Take advantage of the variety of local fresh fruits in season throughout these hot summer months by trying out this cool and refreshing recipe:

Fruit Slush

Number of servings: 6 cups

Ingredients:
- 1 (6 ounce) container lowfat vanilla yogurt
- 2 cups fresh fruit
- 3 cups ice

Directions:
1. In a blender, PLACE yogurt and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND, while gradually ADDING ice. SERVE.

Variations:
- Use any flavor yogurt.
- Canned or frozen fruits may also be used.
- If slush is too thick, add water.

Menu Planning Template:
Unsure if your menu generally meets the USDA meal pattern? Try out these new and improved ‘easy-to-use’ menu planning form fillable templates, now available on our website:

www.ctahr.hawaii.edu/new/hccnp

Go to “Preschools” and scroll down to the section “Meal Planning.”

We have a template specific for breakfast, lunch and snacks.

Also be sure to check out our sample menus, serving size handouts and other helpful resources as you plan out your menus.

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

Check out when your favorite fruits and veggies are in season by using our “Buy Fresh, Buy Local, A Seasonality Guide for Hawaii’s Fruits & Veggies,” which can be accessed at: www.ctahr.hawaii.edu/new/hccnp/ShopSmarttoolkit.htm Buying fresh produce when in season can help to save money and also allow you to enjoy them at their peak flavor.