



Hawaii Child Care Nutrition Program

www.ctahr.hawaii.edu/new/hccnp

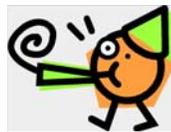


Message from Project Coordinator

Winter, 2016

Happy New Year everyone! We hope your holiday season was a memorable one! As always, 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 information about our upcoming **free** spring workshops, “**Kid-Friendly Snacks!**” We hope that you and your staff can join us! We’ve also included a reminder about menu reviews, and as always, a quick and easy recipe that is in line with our workshop theme of snack foods! If you have any questions, please contact Kim at hccnp@hawaii.edu or at (808) 956-4124.



Sincerely,

Kimberly Prochnow

Project Coordinator,

Hawaii Child Care Nutrition Program

Spring Workshops: Kid-Friendly Snacks!

Do you find yourself serving the same old snacks over and over again? Do you struggle trying to think of *new* snacks that are healthy, and that your kids will enjoy? If so, then come join us at one of our upcoming workshops, “**Kid-Friendly Snacks!**” These workshops will be held throughout the state over the next few months.



We will discuss different ways for you to reinvent *familiar* foods, while taking time to highlight some *new* snack foods that your children may one day grow to love. We will also share different ways your children can participate in making their own snacks—which may help to overcome their fears of trying *new* foods. As always, we will be mindful to focus on healthful options so that your children get important nutrients they need to grow and stay healthy.



Please see the enclosed flyer, registration form & FAQ handout for more information about the workshop schedule & registration process. **Note that the workshops are free, but that registration is required and that there are RSVP deadlines for each session. Registration forms must be **received** by the RSVP dates that are listed on the enclosed flyer.*

Participants who attend, will receive a certificate of attendance that can serve as documentation to show your efforts of continuing education in the core area of “*Health, Safety and Nutrition*” for your state child care licensing requirements. If you have any questions, contact Kim at (808) 956-4124 or via email at hccnp@hawaii.edu .

Mailing List: Go Green!

In an effort to conserve resources, we can send our quarterly newsletters to you by e-mail instead of traditional mail. *If you’re interested, please e-mail Kim at hccnp@hawaii.edu and indicate which school you are from.*



Recipe: Cereal Squares

Yield: 20 pieces

Ingredients:

- ½ cup almonds OR walnuts
- ½ cup butter (1 block)
- 1 cup farina (cream of wheat)
- 1 cup brown sugar
- 5 cups water
- ½ cup raisins
- 1 cup nonfat powdered milk
- ½ teaspoon vanilla



Directions:

1. CHOP almonds OR walnuts. SET aside.
2. In a medium pot, MELT butter with farina and MIX well.
3. COOK over low heat until lightly BROWNED. SET aside.
4. In another small pot, bring brown sugar and water to BOIL. ADD raisins and MIX well.
5. SLOWLY ADD sugar and raisin syrup to farina mixture, STIRRING constantly.
6. ADD nuts, MIX and COOK until mixture thickens.
7. SITR in powdered milk. ADD vanilla. MIX well.
8. POUR into 8 inch square pan.
9. COOL and CUT 4 by 5 to yield 20 pieces.

Serving Suggestions:

Sprinkle cinnamon on top.
Other dried fruit may be used.

Contact Information:

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How Many Crackers?



Crackers, and other commonly served grains, like breads and cereals come in all shapes and sizes. Do you know what portion is recommended to be offered to your children?

Unfortunately, the serving sizes listed on package labels are not necessarily appropriate for young children. If you're not sure how much to offer, check out the handy "*Grains and Breads Serving Size*" handout found on HCCNP's – website under the **Meal Planning** section:

www.ctahr.hawaii.edu/new/hccnp/preschools.htm

This handout lists many commonly used grains, such as crackers, breads and cereals and their respective recommended portions to offer to children between 3-5 years of age. For children 6 years and older, just double the listed portions.

There are six different categories of grains based on the amount of whole-grain or enriched flour or meal, bran or germ that is found in the product. *Remember* - try to incorporate "*whole grains*" with your snacks and meals, whenever possible!

Reminder—ANNUAL Menu Review

Do you recall if you have had your menu reviewed within the last year? If not, it might be time to contact HCCNP to initiate a review for your center!



Remember that if you serve food, one of the child care licensing requirements is to complete a menu review *annually* with a qualified nutrition consultant or through your participation with the USDA Child and Adult Care Food Program.

As many of you already know, HCCNP offers menu reviews, free of charge to licensed child care programs throughout Hawaii. Contact HCCNP to request a review of your menus, or if you have any other questions.