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 the school year is off to a great start! This newsletter will introduce our 2014 spring workshop topic & tentative workshop schedule. Also included is a menu planning tip and an easy recipe that you can try making, perhaps with some help from your children.

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

Spring 2014 Workshops: Save the Date!

Would you like to streamline your menu planning skills? Do you struggle with planning meals that are healthful and appetizing? Do you know what are appropriate portions of food to serve to young children? If you answered ‘yes’ to any of these questions, consider joining HCCNP at one of our upcoming free workshops:

“Making Meals in Minutes!”

Let’s work to minimize the mayhem of menu planning! Join us as we discuss efficient menu planning strategies while being mindful to help make your menus more nutritious and delicious.

HCCNP will offer these free workshops throughout the state during the spring of 2014. Look out for updated schedule and registration information which will be sent out with our next ‘new year’ newsletter. Contact Kim at (808) 956-4124 if you have any questions. We look forward to seeing you there!

* Tentative 2014 Workshop Schedule:

<table>
<thead>
<tr>
<th>Area</th>
<th>Date</th>
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<tbody>
<tr>
<td>Leeward Oahu</td>
<td>Jan 31 (Fri) &amp; Feb 1 (Sat)</td>
</tr>
<tr>
<td>Honolulu</td>
<td>Feb 7 (Fri) &amp; Feb 8 (Sat)</td>
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<tr>
<td>Maui</td>
<td>Feb 22 (Sat)</td>
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<tr>
<td>Windward Oahu</td>
<td>Feb 28 (Fri) &amp; Mar 1 (Sat)</td>
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<td>Hilo</td>
<td>Mar 8 (Sat)</td>
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<td>Kona</td>
<td>Apr 5 (Sat)</td>
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<tr>
<td>Kauai</td>
<td>Apr 12 (Sat)</td>
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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 what school you are from.
Recipe: Burritos

Number of servings: 10

Ingredients:
- 1 small head lettuce
- 2 medium tomatoes
- 1 (10-count) package flour tortillas, large size
- 2 cups grated cheese
- 1 (16-ounce) can refried beans

Optional:
- leftover meat
- round onion
- taco flavored meat
- chili beans
- guacamole
- salsa / taco sauce
- bell peppers

Directions:
1. CHOP lettuce, tomato, and any optional ingredients.
2. On an ungreased pan, WARM flour tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over the warm tortilla. MELT cheese.
4. REMOVE the tortilla from the pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomatoes on the tortilla.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

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

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, while helping to 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.
* Encourage, but do not force children to try the foods being offered. Adults can always offer such foods again at a later meal.
* 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 your meals, by having them 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/preschools.htm