**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. As we enter our third program year, we will improve existing services and provide general nutrition information for those who serve preschool aged children. This newsletter will highlight activities done this past program year (2006-2007) including menu reviews, open house presentation, speaking engagements, and workshop information. Nutrition tips and a 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 956-4124. We look forward to working together in the future for the health and safety of our children.

Sincerely,

Angela Miyamoto, MPH, RD
Project Coordinator,
Hawaii Child Care Nutrition Program

**Menu Reviews**

Meal and snack menus are required to be reviewed by a qualified nutritionist as part of the licensing process for certain licensed child care facilities. During the past program year, there was an overall increase in the number of nutrition reviews completed (Table 1).

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Kona</td>
<td>11</td>
<td>25</td>
</tr>
<tr>
<td>Hilo</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>Maui</td>
<td>21</td>
<td>24</td>
</tr>
<tr>
<td>Hawaii I</td>
<td>22</td>
<td>28</td>
</tr>
<tr>
<td>Hawaii II</td>
<td>21</td>
<td>28</td>
</tr>
<tr>
<td>Kauai</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>77</strong></td>
<td><strong>119</strong></td>
</tr>
</tbody>
</table>

Specifically, 119 reviews, targeting over 4500 children, were done. It took 8.6 working days, on average, to complete a review.

Although reviews are usually done within a two week period, HCCNP asks providers to **allow 4-6 weeks** for a review to be completed.

HCCNP will require all menus submitted to include serving size information. Please also include type of milk (i.e. 1%, 2%, etc) and juice brand name, if milk and juice is served. Sample menus can be found at: [http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm](http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm). Please contact Angela if you have any questions, comments or concerns (hccnp@hawaii.edu or 956-4124).

**Did you know?**

Did you know that grapes and hotdogs are a choking hazard for preschool aged 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.
Open House

The Hawaii Child Care Nutrition Program showcased program services at an open house March 7, 2007 at the Pearl City Urban Garden Center. Many state and community agencies were invited to attend the event. Attendees included persons from the Department of Education, Department of Health, and Cooperative Extension Services.

HCCNP will continue to collaborate and partner with state and community agencies to work towards quality nutrition services for preschool aged children.

Speaking Engagements

The Hawaii Child Care Nutrition Program participated in two conferences this year – the Hawaii Baptist Early Education Association (September 23, 2006) and the Hawaii Association for the Education of Young Children (October 6 – 7, 2006). The topic presented at both conferences was “Healthy Eating Attitudes.”

Healthy Eating Attitudes addressed factors that affect “what and how” preschoolers may eat such as their:

- Physical growth
- Language
- Social being
- Fine motor skills development
- Environment

Nutrition Tip

What should I eat? Are starches good for me? How much is an appropriate serving amount? Nutrition information can be so confusing. Instead of memorizing how much we should be eating, eat using the “plate method.”

[Diagram showing the plate method]

Fill half your plate with fruits and veggies. Pile up as high as you wish. A starch fills a fourth of the plate and a protein food the remaining fourth of the plate.

What if I’m still hungry? Can I eat more food? Sure! Just eat proportionately. See the healthy dressing recipe on the back of the newsletter.

The presentation also touched on the division of responsibility between the adult and preschooler; the adult is responsible for the environment, role modeling, setting the time to eat, and menu. The preschooler is responsible for choosing foods to eat as well as the amount to be eaten.

The presentation was followed by a hands-on activity. Participants were given an orange, an apple, cheese, tortilla and other foods to create snacks incorporating the concepts presented. They then shared their snack ideas with the entire group. Tasting snack creations was the highlight of the activity.

Entire presentation can be found on our website at:

http://oahu-ces.hawaii.edu/NEW/HCCNP/Healthy%20Eating%20Attitudes.ppt
The Hawaii Child Care Nutrition Program conducted workshops entitled “Munch on a Home Lunch.” Fourteen workshops were conducted from February through May 2006 across the state. Over 110 preschool staff and directors representing 34 preschools participated in the workshops. Early childhood education students, educators, and licensing workers also attended.

“Munch on a Home Lunch” was developed because of the need for nutritious home lunch options. Nine preschools statewide participated in a survey and we received input from over 160 parents. Survey questions assessed factors such as parents’ barriers, time constraints, and their interest in nutrition and ability to prepare a meal. Based on a pre-existing curriculum by the Hawaii State Department of Health and input from today’s working families, “Munch on a Home Lunch” was created. The curriculum was then pilot tested on Maui and Oahu. The new “Munch on a Home Lunch” curriculum was the result.

There are three main parts to “Munch on a Home Lunch”: 1) general nutrition information, 2) interactive tasting, and 3) meal planning.

The workshop can be broken into these three sessions, but it would be most effective if it was presented as a whole.

The “Munch on a Home Lunch” toolkit can be found on our website at: http://www.ctahr.hawaii.edu/NEW/HCCNP/preschools.htm. It is under “Presentations/Trainings.” Optional handouts include our cookbook offering simple and easy recipes.

The following are quotes from people that participated in the workshop:

“Thank you so much for making things simple and attainable for us as teachers and for parents…it left me with an ‘I can do it’ attitude!”

“Would recommend this to all preschool directors/staff – a great way to support families with doable learning experiences…”

“Very simple format and the layout seems easy enough to present to parents.”

Good luck with your parents’ workshop. Please let us know how it went: hccnp@hawaii.edu.
Nutrition Tip: Healthy Celebration Treats for Preschools

Traditionally, treats are provided for celebrations such as Birthday’s, Halloween, Christmas, etc. These are often food items that may contribute to obesity (i.e. candies, cakes, cookies, and other high-fat, salty or sugary snacks).

Please consider the following food items:
- Fresh whole fruit
- Mini packages of dried fruit
- Mini-bottles of water decorated for the occasion

Although food items are the most popular thing to give, consider not bringing food. Treats can be favors that are non-food items:
- Stickers
- Fat pencils
- Fat crayons
- Coloring books
- Bubbles

Please consider non-individual gifts. Generosity can have long-lasting effects if donations are made to the class:

Donate a Class Gift:
- Book in child’s name
- Ball, palm size or larger
- Puzzle
- Non-poisonous plant

Donate supplies for a class project:
- Age-appropriate craft items
  * Holiday stencils (e.g. cookie cutter shapes)
  * Decorate boxes (e.g. stamps)
- Age-appropriate discovery projects
  * Growing plants (e.g. lima beans grown in clear plastic cups)
  * Life (e.g. worms in oatmeal)
- Ask teacher for more ideas

Recipe: Thousand Island Dressing

Ingredients:
- 1 (8 ounces) container lowfat vanilla yogurt
- 1/4 cup ketchup
- 1/4 cup pickle relish
- 1/4 teaspoon pepper

Directions:
1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:
Use as a dressing for vegetables and salads or in place of mayonnaisse.

For more recipes, please visit our website at: http://www.ctahr.hawaii.edu/NEW/resources/Cookbook-Single.pdf

Contact Information:

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

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

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

Program Future: We need your help!

Please help us:
- Identify caterers/vendors that provide meals to your preschool
- Topics for future presentations and workshops
- Let us know if your preschool is interested in being a “pilot test” site for development of new materials