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. Amidst these tough economic times, we hope that the school year is running smoothly for everyone.

This newsletter will introduce our spring workshop topic and our new menu planning toolkit. Also included are tips on hand washing and a delicious and healthy recipe. Have a wonderful Thanksgiving and a happy and safe holiday season!

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

Spring Workshops: Save the Date!

The Hawaii Child Care Nutrition Program will again be offering free workshops next Spring starting February 2010. The topic will be:

“Delightfully Delicious Discoveries in the Classroom"

We all know that food provides us with nutrients that keep us healthy. But did you know? Food also provides great opportunities for learning!

Taking food beyond the cafeteria and into the classroom can provide priceless opportunities to teach young children about a slue of different things including, basic food safety and the origins of food; while sharpening their social skills and math skills, just to name a few. It might even get them to try new and unfamiliar foods too!

Come learn more about the benefits and ideas for activities that incorporate food in the classroom that allow children to “experience” food in new and exciting ways.

Please look out for updated schedule information and registration forms with our next newsletter or call (956-4124) or email (hccnp@hawaii.edu) for more specific information.

*Tentative Workshop Schedule:

<table>
<thead>
<tr>
<th>Area</th>
<th>Date</th>
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<tbody>
<tr>
<td>Windward Oahu</td>
<td>2/5 (Fri) - 2/6 (Sat)</td>
</tr>
<tr>
<td>Hilo</td>
<td>2/20 (Sat)</td>
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<tr>
<td>Kona</td>
<td>2/27 (Sat)</td>
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<tr>
<td>Leeward Oahu</td>
<td>3/5 (Fri) - 3/6 (Sat)</td>
</tr>
<tr>
<td>Kauai</td>
<td>4/10 (Sat)</td>
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<tr>
<td>Maui</td>
<td>4/17 (Sat)</td>
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<tr>
<td>Honolulu Oahu</td>
<td>4/23 (Fri) - 4/24 (Sat)</td>
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Mailing List: Going Green!

In effort to conserve resources, HCCNP will start to send our quarterly newsletters by e-mail instead of traditional mail to those who are interested in being put on our ‘e-mail’ list. If you are interested, please e-mail Kim at hccnp@hawaii.edu.
**Recipe: Skillet Lasagna**

**Number of servings:** 8

**Ingredients:**
- 1 cup cooked chicken OR turkey
- 1 (25-26.5 ounce) jar spaghetti sauce
- Salt and pepper to taste
- 2 cups uncooked macaroni
- 2 cups water
- 2 (10-ounce) boxes frozen spinach
- 1 cup grated cheese

**Directions:**
1. DICE or SHRED chicken OR turkey.
2. In a large skillet or large pot, COMBINE chicken OR turkey, sauce, salt, pepper, macaroni, and water.
3. Bring to a BOIL, REDUCE HEAT, COVER and SIMMER 20-25 minutes or until macaroni is tender.
4. ADD spinach and COOK until thawed. MIX well.
5. SPRINKLE with cheese.

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

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**Did You Know? Clean Hands Can Save Lives!**

With flu season underway, one of the most important acts you can do to help prevent yourself from getting sick and spreading illness to others, is WASHING YOUR HANDS! Teach children to wash their hands properly.

Wash hands with warm, soapy water for at least 20 seconds. Have the children sing the alphabet song while washing their hands to make sure they are washing long enough. Here are some important times to wash your hands:

- Before preparing, handling or eating food
- After using the bathroom
- After handling garbage
- After handling raw meats or poultry
- After changing diapers
- After handling animals
- After playing or working outside

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**Resource: "The Menu Venue"**

Need help planning your menus? Check out this new resource—a menu planning toolkit created just for child care providers, available at: [www.ctahr.hawaii.edu/new/hccnp](http://www.ctahr.hawaii.edu/new/hccnp)

It has information on the USDA meal patterns and portions. It also features tips on serving foods to your children safely with regards to potential choking hazards, food allergies and general food safety tips.

There are even helpful form fillable menu templates and sample menus for you to use if you need tips and suggestions on getting started.

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**Contact Information:**

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