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 that everyone had a memorable and safe holiday season, and also hope that this new year is off to a great start for everyone.

This newsletter will feature our spring workshops, Easter health tips and a healthy recipe that will help you to incorporate more fruits and veggies into your diet. Please let us know if you have any questions, comments or concerns. We look forward to working together for the health and safety of our children.

Sincerely,
Angela Miyamoto, MPH, RD
Kimberly Kanechika, RD
Hawaii Child Care Nutrition Program

Spring Workshops

The Hawaii Child Care Nutrition Program has been conducting workshops entitled “Get the Facts: Nutrition Facts!” and “Nutrition Facts & Healthy Snacks.” Thus far, ten workshops were given since early February on Oahu and on some of the neighbor islands.

Here were some of the quotes from people that participated in these workshops:

“The presentation really helped me to understand what exactly I’m reading on labels.”

“I learned a lot about labels and feel confident I can make better choices now.”

“I really enjoyed this session. It opened my eyes to what is a better choice for my class.”

If you would like to learn more about reading nutrition labels and how to apply that information to create healthy snacks for your school, don’t fret - there is still time to sign up for the remaining two sites:

<table>
<thead>
<tr>
<th>Island</th>
<th>Place</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oahu</td>
<td>UH Manoa</td>
<td>4/18-4/19</td>
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<tr>
<td>Maui</td>
<td>Maui Community College</td>
<td>4/25-4/26</td>
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</tbody>
</table>

Please visit our website, call (956-4124) or email (hccnp@hawaii.edu) for more information about registration.
Easter Health Tip:

Easter is right around the corner, but instead of the traditional candied treats, how about satisfying one’s sweet tooth with the unique flavors of nature’s fruits, which come in all colors, shapes and forms—fresh, frozen, canned, and dried? They are refreshing treats, especially after hunting for eggs in the garden. Try those that are locally in season, like mango, orange, pineapple, banana or papaya.

Or take after the Easter Bunny himself and incorporate some veggies like carrots as part of your meals or snacks. Like fruits, all colors, shapes and forms count! Try those that are locally in season, like celery, sweet corn, cucumber, eggplant or sweet potato.

You can even try topping your veggies with lowfat dressing options, like the “Ranch Style Dip” listed below. Dressings can add taste and flavor to veggies and fruits.

Recipe: Ranch Style

Yield: approximately 2 cups

Ingredients:
• 1 (16 ounce) container lowfat cottage cheese
• 2-4 tablespoons water OR nonfat milk OR lowfat milk
• 1 ounce package Ranch-style dressing mix

Directions:
1. In a blender, PLACE cottage cheese, water or milk, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For thinner consistency ADD more water or milk.
3. POUR mixture into a medium jar, CHILL until ready to serve.

Variations:
Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

For more recipes, please visit our website at:
http://www.ctahr.hawaii.edu/NEW/cookbook.htm

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