Aloha! Thank you for your continued support for the Hawaii Child Care Nutrition Program (HCCNP), a project funded by the Hawaii Department of Human Services. As we enter our fifth program year, we will strive to improve existing services and provide general nutrition information.

This newsletter will highlight activities done this past program year (2008-2009) including menu reviews, workshops, and speaking engagements. I am pleased to announce that also included is a column written by Mae Mendelson (page 2), who is a Professor of Intergenerational Studies in Residence at Chaminade University and the President of Travel & Learn, LLC, a company dedicated to creating intergenerational study tours. She kindly has agreed to share her insights about the invaluable benefits of intergenerational work, where older adults and young children listen to, interact, and learn from each other. Learn how you may apply such principles in your center.

Please let me know if you have any questions, comments, or concerns. I can be reached via e-mail at hccnp@hawaii.edu or at 956-4124. We look forward to working together in the future for the health and safety of our children.

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

Message from Project Coordinator

Menu Reviews

Some licensed child care programs are required to have their meal and snack menus reviewed by a qualified nutritionist as part of their licensing process or as part of their participation with the USDA Child and Adult Care Food Program. HCCNP provides this service for free. This past program year (2008-2009) saw an overall increase in the number of nutrition reviews completed (Table 1).

Specifically, 193 reviews, targeting about 8,300 children, were done. It took 7.0 working days, on average, to complete a review. Although reviews are generally done within a few weeks, HCCNP kindly asks providers to plan for about 4-6 weeks for a review to be completed.

In order to help expedite the review process, HCCNP asks providers that when submitting menus, to include the following:

- serving size information (ie cups, ounces, slices, etc.)
- type of milk (ie. 2%, 1%, etc.) and juice brand name

Sample menus, menu planning guides and other handouts and resources can be found at: [http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm](http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm). Please contact Kimberly if you have any questions, comments or concerns [hccnp@hawaii.edu or (808) 956-4124].

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Intergenerational Connections

By Mae Mendelson
The Intergenerational Center at Chaminade

I’ve been a believer in the power of intergenerational connections; especially in school settings. Many older adults (50+) come with a tremendous desire to give back to the community, to nurture and to care for the young; often unconditionally. As volunteers and unlike parents and teachers, their major reward is the intrinsic value of “being with them, listening to them, learning from them”. “Laughter…I laugh a lot with these kids.”

When I walk into a classroom that has brought older adults together with children, I am reminded of my Grandmother. She thought I was brilliant, bought me comic books and told me family ghost stories.

A very young child who shares experiences with an older adult is less likely to fear aging and the characteristics of an older friend who is becoming frail or impaired. It is a part of the cycle of human development that we ignore in our age segregated institutions. We may think that children often spend time with older adults, but I have been surprised by how isolated by age we are, even in families.

The field of intergenerational work is rich with possibilities. The quotes that follow come from different participants in the SKIPP program. This preschool demonstration project brought older adults into six preschools in Hawai’i to work with children who needed special attention because of behavior problems. We saw positive results in nine months.

The teacher: “Aside from providing further coverage, our kupuna have had a tremendous impact with the children who need extra special attention. They provide a loving environment, a wealth of knowledge and an unending support for staff. Our kupuna are a treasure for all to embrace!”

The child: “Child looked at Sue in the eyes (Sue pencils her eyebrows in) and asked… where are your eyebrows… what crayons do you use for this?”

The older adults volunteer: “Being there and learning from their innocence… a view of life that we’ve gone past.”

Another early childhood intergenerational model is the shared site; where adult day care facilities are co-located with preschools. We have a wonderful shared site in Kapolei at Seagull Schools. A good website to visit if you want to know more about intergenerational work is Generations United at www.gu.org

The meaningful intergenerational experience within a preschool, or any setting for that matter, doesn’t happen by accident. It is intentional. Programs have clear goals, training for volunteers and staff, and activities that are naturally integrated into the day’s curriculum. It helps to have someone dedicated to making the experience work for everyone involved. If you would like to share your experiences or learn more, please contact me at maeonas@yahoo.com.

Intergenerational Programs

Check out this great website put forth by Penn State’s College of Agricultural Sciences, Agriculture & Extension Education department. It provides a great toolkit on how you can get started on developing an intergenerational program in your early childhood care center including a Guidebook, activities and other resources:

http://intergenerational.cas.psu.edu/earlychildhood.html
**Workshops**

HCCNP conducted workshops this spring entitled “Shopping Smart at the Grocery Mart.” Ten workshops were held from late January through April throughout the state. Fifty preschool directors and staff representing 34 preschools, various agencies, early childhood education programs or child care licensing units attended.

This curriculum was created due to the increasingly challenging economic times and the difficulty many are facing to stretch one’s dollar to cover everyday expenses, like food. Participants learned about different factors that can impact purchasing ability and general strategies on “shopping smart.” Concepts including seasonality, unit pricing, and food safety were just some things covered throughout the workshop.

Participants were challenged to apply these concepts to their child care centers and take part in a hands-on activity where they pretended to buy snacks for preschoolers, while on a fixed budget.

Below are quotes from workshop participants:

“This was wonderful and very informative for me and now I can use what I learned to educate parents, staff, and others. Thank you!”

“I thought I would just get information for school – but this will help with personal life as well.”

(I liked the...) “simple ideas I can implement at my site that I didn’t realize were so easy.”

The complete toolkit for this workshop can be found on our website at:

[http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm](http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm)

It is located under the section titled: “Presentations/Trainings.”

**Speaking Engagements**

HCCNP participated in three conferences this past program year. On 9/20/08, HCCNP presented the “Nutrition Facts & Healthy Snacks” curriculum at the Hawaii Baptist Early Education Association Conference (HBEEA). The Dietary Guidelines for Americans and food labels were utilized in helping to identify strategies on creating healthful snacks for children. The concept of “nutrient dense” foods was introduced and applied through interactive exercises using actual food labels. Participants were also given the opportunity to taste different snack foods. The entire presentation and toolkit can be found on our website at: [www.ctahr.hawaii.edu/new/hccnp/NFHStoolkit.htm](http://www.ctahr.hawaii.edu/new/hccnp/NFHStoolkit.htm)

HCCNP collaborated with the Office of Hawaii Child Nutrition Program’s Child and Adult Care Food Program to put forth a workshop titled, “Helping our Keiki Eat Healthfully & Happily” at the Hawaii Association for the Education of Young Children’s 2008 Annual Leadership Symposium held on October 3. This workshop showcased our two programs and the variety of services that we provide to child care programs state-wide. Participants learned about the basic meal patterns and were able to take an active role in meal planning.

This Spring (3/27/09), HCCNP worked with the Women, Infants and Children (WIC) program to present a workshop titled, “Snack Time! Tips & Ideas” at the 2009 Hawaii Early Childhood Health Conference. This workshop reviewed developmental considerations when feeding young children, MyPyramid for Preschoolers and an activity that allowed participants to make their own creative snacks. Participants were also able to share about their personal and professional experiences when feeding young ones in their care.
Recipe:
Take advantage of the variety of local fresh fruits in season throughout the hot summer months by trying out this cool and refreshing recipe:

**Fruit Slush**

**Number of servings:** 6 cups

**Ingredients:**
- 1 (6 ounce) container lowfat vanilla yogurt
- 2 cups fresh fruit
- 3 cups ice

**Directions:**
1. In a blender, PLACE yogurt and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND, while gradually ADDING ice.
SERVE.

**Variations:**
- Use any flavor yogurt.
- Canned or frozen fruits may also be used.
- If slush is too thick, add water.

Check out when your favorite fruits and veggies are in season by using our “Buy Fresh, Buy Local, A Seasonality Guide for Hawaii’s Fruits & Veggies,” which can be accessed at: [www.ctahr.hawaii.edu/new/hccnp/ShopSmarttoolkit.htm](http://www.ctahr.hawaii.edu/new/hccnp/ShopSmarttoolkit.htm)  Buying fresh produce when in season can help to save money and allow you to enjoy them at their peak flavor.

Menu Planning Template:
Unsure if your menu generally meets the USDA meal pattern? Try out these new and improved ‘easy-to-use’ menu planning form fillable templates, now available on our website:

www.ctahr.hawaii.edu/new/hccnp

Go to “Preschools” and scroll down to the section “Meal Planning.”

We have a template specific for breakfast, lunch and snacks.

Also be sure to check out our sample menus, serving size handouts and other helpful resources as you plan out your menus.

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