Message from Project Coordinator

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. With another project year coming to a close, I am more than happy to bring good news to you all! We have been notified that our project has been renewed for another year (July 1, 2010 - June 30, 2011). HCCNP will continue to be available for free nutrition reviews required for licensing, and we will continue to provide quality nutrition information that you can use to improve your meal service, as well as educate your children and their families about healthful eating.

This newsletter will highlight activities done this past program year (2009-2010) including menu reviews, speaking engagements and workshops. Also included are a few helpful healthy tips and a delicious, easy recipe.

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
Project Coordinator,
Hawaii Child Care Nutrition Program

Menu Reviews

Some licensed child care programs are required to have their meal and snack menus reviewed annually 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. The Hawaii Child Care Nutrition Program provides this service for free.

This past program year, 187 reviews, targeting more than 7,500 children, were done (Table 1). It took 7.8 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. Please contact Kimberly if you have any questions, comments or concerns [hccnp@hawaii.edu or (808) 956-4124].

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Speaking Engagements

HCCNP participated in one conference this past program year - the Hawaii Association for the Education of Young Children’s 2009 Hawaii Early Childhood Conference, held on October 10, 2009. Participants learned strategies for “Shopping Smart at the Grocery Mart.”

This workshop covered tips on buying nutritious and delicious foods for their children while employing cost-saving strategies. Participants were engaged throughout the workshop with interactive activities that focused on unit pricing and keeping food safe to help prevent food waste. Striving for a balanced diet and including a variety of foods in their meals and snacks was stressed, noting that shopping for fresh produce in season OR looking at other forms of fruits and veggies besides fresh can save some money over time.

*Do you know what the 5 different forms of fruits and vegetables are?

1) ______________________________
2) ______________________________
3) ______________________________
4) ______________________________
5) ______________________________

(*answers can be found on the bottom of page 4 or on our website at: http://www.ctahr.hawaii.edu/new/hccnp/ShopSmarttoolkit.htm)

Did You Know? Seasonality is the Way to Go!

Seasonality is a term used to indicate usually when a fruit or veggie is in its peak harvest time and when it is most fresh. Oftentimes, when a fresh fruit or veggie is in season, it will go on sale at the supermarket. This is a great time to buy such produce, since it will usually taste great and it can also help you save money!

Check out the “Seasonality Guide” available on the website listed below, to see when your favorite fruits and veggies are usually in peak season, here in Hawaii:

http://www.ctahr.hawaii.edu/NEW/HCCNP/ShopSmarttoolkit.htm

Need tips on choosing and storing fruits and veggies? Are you interested in fun handouts and activities that can get parents involved with their children that will help them learn about shopping for and preparing different fruits and veggies?

Browse through the Produce for Better Health's Fruits and Veggies More Matters website for a wealth of helpful information, all about fruits and veggies!

http://www.fruitsandveggiesmorematters.org/
HCCNP conducted workshops this past spring entitled, “Delightfully Delicious Discoveries in the Classroom.” Nine workshops were held from early February through late April throughout the state. Ninety six individuals - preschool directors, teachers and staff from 46 different preschools, various agencies, early childhood education programs or child care licensing units attended the workshops.

This workshop was created to encourage the teaching of food and healthful eating habits to young children. The food attitudes and habits that children learn and develop during early childhood may often be carried throughout their school years and eventually into adulthood. Thus it is important to teach these important concepts at a young age.

Food, as we all know, provides us with nutrients that keep us healthy, but it also provides great opportunities for learning!

Participants were able to learn about the countless benefits of teaching children about food, as well as participate in many “hands-on” activities that got everyone thinking about food and allowed them to experience foods in new and different ways.

The “Delightfully Delicious Discoveries in the Classroom” toolkit provides ideas for activities that cover topics ranging from food safety concepts to sources of food to cooking simple recipes safely in the classroom. Remember that it is ideal for the learning to be a ubiquitous experience that takes place not only in the classroom with their teachers and peers, but also with their parents and families at home as well.

Easy-to-reproduce materials are included that can be used by teachers in the classroom, and at home by parents and caregivers.

The complete toolkit for this workshop can be found on our website at: http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm
It is located under the section titled: “Presentations/Trainings.”

Here are some quotes from participants who attended the workshop:

“I learned how to make food fun and exciting for preschoolers…I enjoyed the) helpful hints, food activities in the classroom, and safety tips…”

“(The workshop was) very informative, lots of resources available … to share with our preschoolers and their families…”

“(This workshop) provides more ideas on how to discover delicious and healthy snacks for kids.”
Recipe: Somen Salad

Number of Servings: 6

Ingredients:
- 1 (9-ounce) package somen noodles
- 1 head romaine lettuce
- 1 medium carrot
- 1 (6 ½-ounce) block fish cake
- Optional: 1 cup leftover meats, imitation crab, OR char siu
- ¼ cup green onions

Dressing:
- 1 teaspoon salt
- ¼ cup sesame oil
- ¼ cup soy sauce
- 2 tablespoons water
- ½ cup sugar
- ½ cup vinegar
- Optional: ¼ cup sesame seeds

Directions:
1. In a medium pot, COOK somen noodles. SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and Optional items: meats, crab, OR char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake (Optional: meats, crab, char siu, and green onions).
7. COVER and REFRIGERATE until ready to SERVE.
8. In a jar, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar and Optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

Variations:
- Soba noodles may be used.
- Other vegetables may be used.

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

Nutrition Tip:
Fuel Your Bodies with a Healthy Breakfast

Why is breakfast so important? Breakfast is the fuel that keeps our bodies moving throughout the day.

Children who eat breakfast do better in school, have better concentration and problem solving ability, and are more likely to participate in physical activities, and have more strength and endurance.

Here are some quick and easy breakfast ideas:
- Fruit smoothie (fruit & milk swirled in a blender)
- Breakfast taco (grated cheese on a tortilla, folded in half, microwaved & topped with salsa
- Yogurt with fruit
- Sandwich (grilled cheese, PB & J)

Mailing List: Going Green!

Thanks to those who signed up to be on our e-mail listserv! If you are interested in getting our quarterly newsletter via e-mail instead of traditional mail, please e-mail Kim at hccnp@hawaii.edu.

You can help to conserve our limited resources!

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