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.

This newsletter will highlight activities done this past program year including menu reviews, speaking engagements and workshops. Also included are some helpful healthy tips to help increase physical activity along with a delicious, healthy recipe. Please let me know if you have any questions, comments, or concerns. I can be reached at hccnp@hawaii.edu or at (808) 956-4124. We look forward to working together for the health and safety of our children.

Sincerely,

Kimberly Kanechika
Project Coordinator,
Hawaii Child Care Nutrition Program

---

**Menu Reviews**

Having your menus reviewed by a qualified nutritionist not only fulfills your child care licensing requirements, but it also helps to ensure that your children are getting balanced meals and snacks. As many of you may know, the Hawaii Child Care Nutrition Program provides menu reviews, free of charge to those child care programs that are not participating in the USDA food program.

This past program year, 205 reviews, targeting about 9,000 children throughout the state, were completed (Table 1). It took on average 8.8 working days to complete a nutrition review. Although reviews are typically completed within a few weeks, HCCNP kindly asks providers to plan for about 4-6 weeks for a review to be completed.

Please help to expedite the process by including the following:
- Completed Menu Review Request Form (available on our website at http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm under the FORMS section
- 3 months of menus
- Serving size information (ie cups, ounces, slices, etc.)
- Type of milk (ie 2%, 1%, skim, etc.)
- Brand names of juice

Sample menus, menu planning guides and other handouts and resources can be found on our website. Please contact Kimberly if you have any questions, comments or concerns at hccnp@hawaii.edu or (808) 956-4124.

---

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Menu Reviews Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2009-2010</td>
</tr>
<tr>
<td>Oahu I</td>
<td>56</td>
</tr>
<tr>
<td>Oahu II</td>
<td>40</td>
</tr>
<tr>
<td>Hilo</td>
<td>24</td>
</tr>
<tr>
<td>Kauai</td>
<td>24</td>
</tr>
<tr>
<td>Kona</td>
<td>26</td>
</tr>
<tr>
<td>Maui</td>
<td>17</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>187</strong></td>
</tr>
</tbody>
</table>
The sun is out, the days are long—summer is here! It is a great time of year to make an effort to ‘move more!’ Physical activity is not only a crucial part of maintaining a healthy lifestyle, but it is also a great way for young children to develop and sharpen their gross motor skills and coordination, while having fun all at the same time.

Changes in our environment, schools, and policies that have increased opportunities for inactivity have greatly reduced the opportunities for physical activity for children and adults, alike. However, we can make an effort to find small ways to include more physical activity and movement into our daily lives, even if they occur in several short, intervals throughout the day. Remember that every little bit of activity is better than none at all, so get up and get moving!

**Children can move more by:**
- Engaging in free play with friends
- Engaging their imagination by pretending to be wild animals
- Dancing to some favorite songs
- Helping adults with simple chores like cleaning or yard work
- Help in planning different ways to get their class or family moving
- Using age appropriate toys that encourage movement, like balls, jump ropes, kites

**Adults can move more by:**
- Parking farther away when running errands or going to work
- Taking the stairs instead of the elevator
- Taking a quick walk around your building during your breaks at work
- Exercising with friends or family for extra motivation and support
- Doing chores like cleaning, gardening or washing the car
- Moving during television commercials

**WEBCAST:**
For those needing guidance on setting up balanced meals and snacks, we have a new, resource available on our website: [http://www.ctahr.hawaii.edu/new/hccnp/](http://www.ctahr.hawaii.edu/new/hccnp/)

“The Menu Venue—A Guide to Meal Planning” webcast gives a brief overview of planning meals and snacks that generally follow the USDA meal patterns. Other tips concerning inclusion of a variety of foods, such as all forms of fruits and vegetables, feeding schedules and more are shared in this webcast.

If your program is not enrolled in the USDA food program and you are interested in getting your menus reviewed free of charge, please don’t hesitate to contact Kimberly at hccnp@hawaii.edu or at (808) 956-4124.
HCCNP conducted nine workshops this past spring throughout the state entitled, “Allergies, Allergies, All Around.” Almost 120 individuals - child care providers, and other child care professionals from more than 40 different programs, various agencies, and early childhood education programs attended the workshops.

This workshop was developed to help provide information to child care providers about the most common food allergens that affect children and how to help prevent accidental exposure of these foods to those that are susceptible.

Participants were encouraged to take preventive measures by reading food labels, maintaining accurate menus and for everyone to be prepared at all times and educated on how to handle allergic reactions when they occur.

Here are some quotes from workshop participants:

“I found the whole content of the workshop very significant for school and home.”

“(the workshop) provided me (caregiver) with helpful resources and information…”

“Very informative! Great to hear how others tackle the issues in their schools.”

Speaking Engagements

HCCNP participated in one conference and at a few professional development events throughout this past program year.

On October 9, 2010, HCCNP presented our recent “Delightfully Delicious Discoveries in the Classroom” workshop at the Hawaii Association for the Education of Young Children’s 2010 Hawaii Early Childhood Conference. Participants were able to learn about the countless benefits of teaching children about food, in addition to getting the opportunity to participate in a hands-on activity that got everyone thinking about food.

HCCNP also presented at Seagull School’s biannual Professional Development Training days on November 11, 2010 and on March 24, 2011. Staff learned how to create balanced meals and snacks, and how to instill “Healthy Eating Attitudes” in their children at the fall training. The spring training focused on allergies, emphasizing preparedness and a better understanding of the most common food allergens and strategies to prevent exposure.

HCCNP also took some time to speak to aspiring young child care and nutrition professionals at Honolulu Community College’s Healthy Young Children classes and the University of Hawaii at Manoa’s Community Nutrition class, respectively. Students were informed about HCCNP and our efforts as it affects the young children of Hawaii, with the hopes that healthy eating can be integrated in with their future endeavors and passed on throughout the generations to come.

Spring Workshops 2011: Allergies, Allergies, All Around

Toolkits for workshops can be found on our website under “Presentations / Trainings” at: http://www.ctahr.hawaii.edu/new/hccnp/preschools.htm

HCCNP conducted nine workshops this past spring throughout the state entitled, “Allergies, Allergies, All Around.” Almost 120 individuals - child care providers, and other child care professionals from more than 40 different programs, various agencies, and early childhood education programs attended the workshops.

This workshop was developed to help provide information to child care providers about the most common food allergens that affect children and how to help prevent accidental exposure of these foods to those that are susceptible.

Participants were encouraged to take preventive measures by reading food labels, maintaining accurate menus and for everyone to be prepared at all times and educated on how to handle allergic reactions when they occur.

Here are some quotes from workshop participants:

“I found the whole content of the workshop very significant for school and home.”

“(the workshop) provided me (caregiver) with helpful resources and information…”

“Very informative! Great to hear how others tackle the issues in their schools.”
Recipe: Oriental Chicken Salad

Number of Servings: 8

Ingredients:
1 pound cooked chicken pieces
1 head iceberg lettuce
1 head Manoa lettuce
1 rib celery
1 medium carrot
Optional: 1 (3-ounce) package won ton strips
1-2 leaves green onion
1 bunch Chinese parsley
1 tablespoon toasted sesame seeds

Dressing:
3 tablespoons sugar
2 tablespoons water
1/4 cup vinegar
1 tablespoon sesame oil
Salt and pepper to taste

Directions:
1. SHRED chicken.
2. TEAR lettuce into bite-sized pieces.
3. SLICE celery and carrot.
4. In a medium jar, COMBINE the dressing:
sugar, water, vinegar, sesame oil, salt and pepper. SHAKE well. COVER and
REFRIGERATE until ready to use.
5. In a large bowl, COMBINE chicken, lettuce,
celery, and carrots.
6. Optional: ADD CRUSHED won ton strips/
chips.
ADD green onions and Chinese
parsley (cut into 1 ½ inch lengths)
ADD toasted sesame seeds
7. TOSS the salad and POUR dressing just
before serving.

Variations:
Layer vegetables & meat for a different effect.
Romaine, green leaf and red leaf may be used.

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

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 resources!

Contact Information:

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

E-mail: hccnp@hawaii.edu
Phone: (808) 956-4124
Fax: (808) 956-6457
Website:
www.ctahr.hawaii.edu/new/hccnp

Did You Know?

Potatoes are considered a vegetable and not a
grain when following the USDA meal pattern
food component groups? Whether they
are served mashed,
baked, roasted or fried, potatoes fall under
the vegetable food component group.

So be sure when you plan your menus and
potatoes are going to be served for either
breakfast, lunch or supper, please be sure to
serve a credible whole or enriched bread or
grain to generally follow the meal pattern.
Credible grains include breads, brown rice,
pasta, and cereals.