Message from Project Coordinator

Happy Holidays! Thank you for your continued support for the Hawaii Child Care Nutrition Program, a project funded by the Hawaii Department of Human Services. I am pleased to announce that Ms. Kimberly Kanechika, RD will be handling nutrition reviews. She can be reached at 956-4124 or via email at hccnp@hawaii.edu.

This newsletter will feature our spring workshop topics and tentative schedule, nutrition checklist, a healthy recipe and holiday health tips. We also included a “Veggies and Fruits” holiday jingle that can be sung to the tune of “Jingle Bells.” Have a wonderful and safe holiday season.

Sincerely,

Angela Miyamoto, MPH, RD
Project Coordinator,
Hawaii Child Care Nutrition Program

Holiday Jingle: Veggies and Fruits

Veggies and Fruits,
Veggies and Fruits,
What a tasty treat!
Packed with vitamins and minerals,
So delicious to eat,
Grown locally, can’t be beat.

Eat! Veggies and Fruits,
Veggies and Fruits,
What a wonderful snack.
Different shapes and sizes,
The more colorful the better,
Filled with nutrition that’s a fact!

Spring Workshops: Save the Date!!!

The Hawaii Child Care Nutrition Program will be offering workshops starting February, 2008. We will offer two topics:

- Get the Facts: Nutrition Facts!
- Nutrition Facts & Healthy Snacks

Reading nutrition labels can be very confusing. Get the Facts: Nutrition Facts! will address label reading and cover areas such as nutrient content claims, ingredients list, allergy statements, trans fats, whole grains, serving size, etc.

Would you like to provide healthier snacks to your preschoolers? Nutrition Facts & Healthy Snacks will address creating healthy snack options.

Please call (956-4124) or e-mail (hccnp@hawaii.edu) for registration and updated information.

Tentative Workshop Schedule:

<table>
<thead>
<tr>
<th>Island</th>
<th>Place</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Kona</td>
<td>DHS Office</td>
<td>2/1-2/2</td>
</tr>
<tr>
<td>Oahu</td>
<td>Windward Comm. Coll.</td>
<td>2/8-2/9</td>
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<tr>
<td>Hilo</td>
<td>Place TBD</td>
<td>2/22-2/23</td>
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<tr>
<td>Oahu</td>
<td>Pearl City Urban Garden Center</td>
<td>2/28-3/1</td>
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<tr>
<td>Kauai</td>
<td>Place TBD</td>
<td>3/7-3/8</td>
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<tr>
<td>Oahu</td>
<td>UH Manoa</td>
<td>4/18-4/19</td>
</tr>
<tr>
<td>Maui</td>
<td>Place TBD</td>
<td>4/25-4/26</td>
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*These are tentative dates.
Nutrition Checklist

The following checklist was created by your licensing workers as a screening tool to ensure your center generally meets licensing requirements with respect to nutrition. Does your center meet standards?

Yes No
☐ ☐ Are dated menus posted or visible for all meals and snacks served?
☐ ☐ Are the USDA required meal components being met, and is there adequate food for each child being served?
☐ ☐ Do the meals served match the written menu for the day?
☐ ☐ Is there adequate time for children to eat, and spacing between meal times?
☐ ☐ Are the meal portions adequate and the food developmentally appropriate?
☐ ☐ Are age appropriate furniture and utensils used for meal times?
☐ ☐ Do the food items served look appealing, age appropriate, and fresh?
☐ ☐ Is the environment calm, pleasant, and unhurried during meals?
☐ ☐ Food is not used as a reward or punishment.
☐ ☐ Children and servers wash hands before meals.

Recipe: Leafy Tofu

Ingredients:
- 1 (20 ounces) container tofu
- 1-2 tablespoons oil
- 2 bunches spinach
- 2 tablespoons soy sauce
- 1 teaspoon toasted sesame seeds

Directions:
1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:
May use other dark green leafy vegetables.

For more recipes, please visit our website at: http://www.ctahr.hawaii.edu/NEW/resources/Cookbook-Single.pdf

Holiday Health Tips:

- Eat moderate portions of food.
- If you want to try “everything,” take small portions.
- Modify your recipes to reduce the fat and sugar or substitute low calorie ingredients for foods high in fat or sugar
- Schedule time to be physically active - walk around and enjoy holiday decorations and light displays.

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