Nutrition Education for Wellness (NEW) is a statewide Cooperative Extension Service (CES) program that facilitates consumer-focused foods and nutrition education. NEW is part of the College of Tropical Agriculture and Human Resources (CTAHR) at the University of Hawaii at Manoa.

NEW Extension Educators are located in their communities and have expertise in various areas of foods and nutrition. NEW projects, activities and materials are grounded in science-based food guidance: Dietary Guidelines, MyPlate and Nutrition Facts (food labeling).

NEW Projects are listed with brief descriptions. For more information please go to our web site at www.ctahr.hawaii.edu/NEW

- **Food: Just Grow It!**
  www.ctahr.hawaii.edu/NEW/JGI
  Hawaii’s Agriculture In The Classroom Project that promotes health and wellness through agriculture-related activities.
  **CONTACT:** nkanehir@hawaii.edu • Ph. (808) 956-4124

- **Food Safety**
  www.ctahr.hawaii.edu/NEW/foodsafety
  A web-based resources site on information for safe food handling at home and community events, food storage and food borne illness.
  **CONTACT:** lynnaka@hawaii.edu • Ph. (808) 244-3242

- **Hawaii Foods**
  hawaiifoods.hawaii.edu
  In collaboration with the Center on the Family this statewide project focuses on health promotion through the use of Hawaii foods and food products.
  **CONTACT:** nkanehir@hawaii.edu • Ph. (808) 956-4124

- **Nutrition Integrity**
  www.ctahr.hawaii.edu/NEW/alignment
  Goal of “practicing what we teach” by aligning our food actions with our nutrition education. Guiding principles, core concepts and action checklists are included.
  **CONTACT:** nkanehir@hawaii.edu • Ph. (808) 956-4124

- **Produce An Athlete**
  www.ctahr.hawaii.edu/NEW/PAA
  Tips on healthful eating with fruits and vegetables for young athletes.
  **CONTACT:** zee@hawaii.edu • Ph. (808) 969-8212

- **Produce A Plate**
  www.ctahr.hawaii.edu/NEW/PAP
  A simplified translation of the Dietary Guidelines using a plate.
  **CONTACT:** kkanechi@hawaii.edu • Ph. (808) 956-4124

- **Recipes**
  www.ctahr.hawaii.edu/NEW/resources.htm#fscookbook
  Foodskills Cookbook

**ON-LINE PROJECTS**

- **Diabetes Detection and Prevention**
  www.ctahr.hawaii.edu/NEW/Diabetes
  This multi-state collaborative aims to prevent diabetes and increase awareness of diabetes and related complications.
  **CONTACT:** zee@hawaii.edu • Ph. (808) 969-8212

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  www.ctahr.hawaii.edu/NEW/resources.htm#fscookbook
  Foodskills Cookbook
The following are NUTRITION EDUCATION FOR WELLNESS’s projects, collaborations, and liaisons. These endeavors are diverse, but are linked through commitment to achieving common goals.

**PROJECTS**

**Engaged Instruction**
www.ctahr.hawaii.edu/NEW/Engaged
An integration of Extension with Instruction that provides students with practical experiences and opportunities for contributing to their community.

**CONTACT:** nkanehir@hawaii.edu • Ph. (808) 956-4124

**Food & Money Basics: Choices & Decisions**
www.ctahr.hawaii.edu/NEW/Money
A beginners’ food and money management resource to assist limited income persons manage their money while making healthy food choices.

**CONTACT:** kamin@hawaii.edu • Ph. (808) 956-4124

**Food & Nutrition Education for Older Adults**
“Good Grinding for Wise Dining”
www.ctahr.hawaii.edu/NEW/NSOA
In collaboration with the Executive Office on Aging, this statewide project provides nutrition education modules for congregate meal sites through Area Agencies on Aging and their Nutrition Service Providers.

**CONTACT:** kamin@hawaii.edu • Ph. (808) 956-4124

**Fruits & Veggies — More Matters**
www.ctahr.hawaii.edu/NEW/FVMM
Development and implementation of strategies and activities aimed at health promotion through increased vegetable and fruit consumption.

**CONTACT:** kkanachi@hawaii.edu • Ph. (808) 956-4124

**Germ City**
www.ctahr.hawaii.edu/NEW/GermCity
A project to enhance awareness and improve the effectiveness of hand washing for food safety, personal hygiene and disease prevention.

**CONTACT:** lynnaka@hawaii.edu • Ph. (808) 244-3242

**Grocery Store Tours**
www.ctahr.hawaii.edu/NEW/GSTP
A statewide project that promotes healthful shopping attitudes and behaviors using simple targeted messages and themes and promotes consumption of veggies and fruits.

**CONTACT:** kamin@hawaii.edu • Ph. (808) 956-4124

**Grow Your Own**
www.ctahr.hawaii.edu/NEW/GYO
A beginners guide to basic horticultural techniques to increase access to a fresh, inexpensive, healthy food source through backyard/lanai gardening for home based food production.

**CONTACT:** ndavison@hawaii.edu • (808) 956-4124

**Hawaii Child Care Nutrition Program**
www.ctahr.hawaii.edu/NEW/HCCNP
A statewide project that provides assistance and support to child care providers, agencies and licensing staff.

**CONTACT:** hccnp@hawaii.edu • (808) 956-4124

**Healthy Meetings for Wellness**
www.ctahr.hawaii.edu/NEW/HMW
Promotion of healthy eating and physical activity in our meetings, workshops gatherings and events.

**CONTACT:** kkanachi@hawaii.edu • Ph. (808) 956-4124

**Lifeskills in Food Education**
Integrated & Intergenerational
www.ctahr.hawaii.edu/NEW/LIFE-II
LIFE-II is an integrated and intergenerational project consisting of the Expanded Food and Nutrition Education Program (EFNEP) and UH-CES Supplemental Nutrition Assistance Program - Education (SNAP-Ed). This project provides practical life skills in food and nutrition for Hawaii’s limited income population.

**CONTACT:** nkanehir@hawaii.edu • Ph. (808) 956-4124

**NEW Web Based Resources**
www.ctahr.hawaii.edu/NEW/resources.htm
Project brings together the projects, resources and collaborations of NEW, Nutrition Education for Wellness.

**CONTACT:** nakatsuk@hawaii.edu • Ph. (808) 956-7196