**FIREWORKS SAFETY TIPS**

- Carefully set up and use fireworks in an area clear of overhead power lines
- Do not string fireworks on utility poles
- When using a ladder or other tools to string fireworks, stay at least 10 feet away from power lines
- If an object should become tangled in an overhead power line, don’t try to free it. Call our trouble line at:
  - Oahu: 1-855-304-1212
  - Maui: (808) 871-7777
  - Molokai/Lanai toll free at: 1-877-871-8461
  - Hawaii Island: (808) 969-6666

---

**URGENT RECALL!!**

Sunday, 12/11/2022, ByHeart voluntarily recalled certain infant formula products. For details about this recall and affected products, visit: [Byheart Issues Voluntary Recall of Five Batches of Its Infant Formula Because of Possible Health Risk | FDA](https://www.fda.gov/news-events/press-announcements/byheart-issues-voluntary-recall-five-batches-its-infant-formula-because-
possible-health-risk)

---

**HAVE A WONDERFUL & SAFE NEW YEAR!**

**ALL PATCH OFFICES WILL BE CLOSED ON MONDAY, JANUARY 2ND**

---

**Happy New Year**
**METHODS FOR HEALTHY COOKING**

- **Roast, Bake, or Broil:**
  Cooking foods usually at high heat, in the oven.

- **Sauté, Pan Fry, and Stir-Fry:**
  Cooking foods with a small amount of hot oil over medium or high heat.

- **Grill:**
  Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.

---

**BAKED TOFU BITES**

These tasty meatless bites are the perfect flinger food.

**DIRECTIONS**

1. Preheat oven to 400 °F.
2. Lightly spray a baking sheet with nonstick cooking spray. Set aside.
3. To make marinade: In a 1-gallon plastic bag, combine hoisin sauce, soy sauce, and water. Seal the bag tightly. Squeeze and release the bag several times to mix ingredients together.
4. Add tofu cubes to marinade. Seal the bag tightly. Lightly toss tofu by turning the bag over repeatedly on a flat surface to prevent tofu from breaking apart. Marinate in the refrigerator for 1 hour at 40°F or lower. Turn bag over every 15 minutes.
5. In a separate 1-gallon plastic bag, combine whole-wheat flour, cornmeal, dry mustard, and garlic powder. Seal the bag tightly. Shake to mix.
6. Carefully remove tofu from marinade a few cubes at a time. Place tofu cubes in the 1-gallon plastic bag with the seasoned flour-cornmeal mixture. Carefully turn the bag over to coat the tofu with breading. Remove coated tofu cubes and place on baking sheet in a single layer. Repeat until all tofu cubes are coated. Discard any remaining marinade. (See chef tips)
7. Bake for 15 minutes or until tofu is lightly crisp. Heat to an internal temperature of 140 °F or higher for at least 15 seconds. Remove from the oven.
8. Serve ¾ cup. Serve immediately, or keep warm at 140 °F or higher.

---

**INGREDIENTS**

- Nonstick cooking spray
- 1 lb 4 oz tofu, firm, rinsed, and drained, cut into ½” cubes (see chef tips)
- 2 Tbsp hoisin sauce
- 2 Tbsp soy sauce, reduced-sodium
- 1 Tbsp water
- ½ cup flour, whole-wheat
- ¼ cup cornmeal, whole grain, medium-grind
- ¼ tsp mustard, dry, ground
- ¼ tsp garlic powder

**PATCH Food Program**

**JANUARY NEWSLETTER**

**Ages:** 3–5 years
**Prep time:** 1 hour 20 minutes (1 hour for marinating)
**Makes:** 6 servings
**Cook time:** 15 minutes