



Supporting Hawaii's Child Care Needs

FEBRUARY 2024 NEWLETTER

FOOD PROGRAM

February is American Heart Month!



What are some things we can do to keep children's hearts healthy?

Here are some tips that families can implement to help prioritize your child's heart health:

- Children should get at least 60 minutes of physical activity each day.
- To encourage healthy eating habits, include nutritious foods like fruits and vegetables, lean protein sources like beans or chicken, whole grains like oatmeal or quinoa, and low-fat dairy like yogurt or cheese.
- Limiting foods and beverages with added sugars is also recommended for toddlers. If a toddler does consume sugary treats or snacks, it should be done in moderation and balanced out with healthy choices.
- In addition to providing nutrient-rich foods, parents should limit screen time to one hour per day for toddlers two years old or older; this helps ensure adequate physical activity and social interaction.
- If your child is an athlete, schedule sports physicals before the season begins.
- Lastly, make sure your child gets adequate sleep each night. Sleep deprivation can lead to a weakened immune system and can take a toll on your child's heart.

A balanced lifestyle of physical activity, healthy eating, good sleep hygiene, and stress management are all essential components of toddler health.

WHAT DO YOU CALL A FAKE NOODLE?



Dates to Remember:

Tuesday, 2/6: Claims
Due

Monday, 2/19:
President's Day-
PATCH Offices closed





PATCH

Supporting Hawaii's Child Care Needs

Meal Pattern Minute

Please scan QR codes to view tips on Identifying Whole Grain-Rich Foods and using Plant-Based Meat Alternates



Identifying
Whole Grain-
Rich Foods



Plant-Based
Meat
Alternates

Mushroom Cheese Pizza

Lunch/Supper Crediting for Ages 3-5



Total Time
80 minutes



Serving Size
1 slice



Servings
12



Components
Meat/Meat Alternate, Grains

Ingredients

Pizza Dough

- 1.5 cups whole wheat flour
- 1 cup all-purpose flour
- 1/8 tsp salt
- 1 (0.25 oz) packet (2 1/4 tsp) active dry yeast
- 1 cups water
- 2 tbsp vegetable oil

Pizza Toppings

- 1.5 cups cup pizza sauce
- 3 cups (12 oz) shredded mozzarella cheese
- 2 cups (8 oz) shredded cheddar cheese
- 1 cup sliced mushrooms

Directions

1. In a large bowl, spray with vegetable oil. Combine the flour and salt.
2. In a small bowl, add the yeast. Heat 1/4 cup of water until it reaches 115°F. Pour warm water on top of yeast. Stir until dissolved. Set aside for 5 minutes.
3. Add oil, water, and dissolved yeast into the flour. Knead well.
4. Cover with plastic and let rise until doubled (about 30-40 minutes). Check dough by pressing with two fingers 1/4 inch deep - the impressions should remain. If it springs back, dough hasn't risen enough.
5. Preheat oven to 375°F.
6. Pour dough out on a large sheet pan or clean surface.
7. With sprayed gloved hands, punch down and divide the dough into 2 dough balls (each weighing approximately 11.6 oz)
8. Use the hand roller to press each dough ball into a round pizza pan or a 12"x18" pan.
9. Spoon 3/4 cup of sauce to each pizza and spread evenly.
10. In a large bowl, mix the cheeses together.
11. Then, add 2.5 cups of shredded cheese to each pizza and spread evenly.
12. Top each pizza with 1/2 cup of mushrooms, making sure the mushrooms are spaced out evenly.
13. Bake each sheet pan for 15-20 minutes.
14. Cut each pizza into 6 even slices.

One slice provides 1 1/2 oz eq meat/meat alternate, 1 1/2 oz eq grains and 1/8 cup vegetable.

Creditable Stamp 2017
Mushroom Council

This recipe was contributed by
Reach Up Head Start & Early
Head Start, St. Cloud, MN.
Courtesy of Mushroom Council.

