



PATCH  
Supporting Hawaii's Child Care Needs

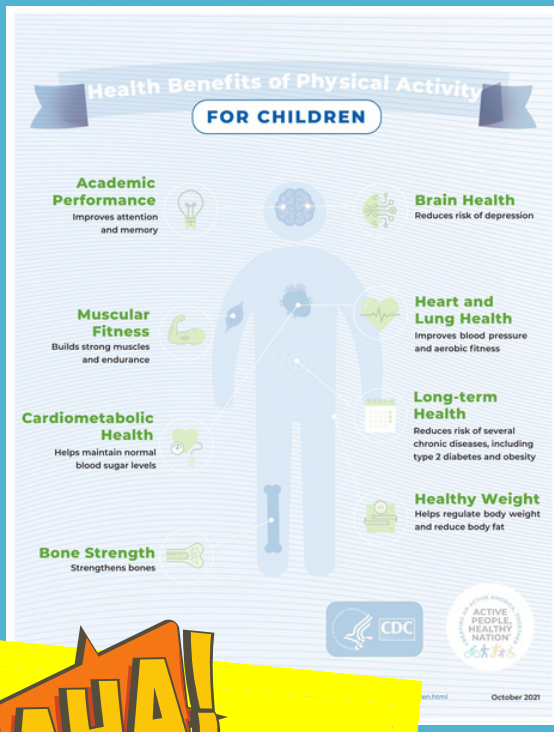
# JANUARY 2024 NEWSLETTER

## FOOD PROGRAM

20  
24

### Keep Keiki Active!

Keeping keiki active can have many health benefits for them plus they have fun! See the infographic below to explore the health benefits of physical activity for children.



**HAHA!**

**WHERE DID  
THE CHEF  
CELEBRATE  
NEW YEARS?**

**Thyme's  
Square**



Happy New Year from your PATCH Food Program Ohana! We hope you all had a great holiday season and we look forward to seeing what the New Year brings.



**TRY  
SOME  
THING  
NEW**



### Dates to Remember

- 1/1-Happy New Year-PATCH Offices CLOSED
- 1/6-December Claims Paperwork is DUE
- 1/15-Martin Luther King Jr. Day-PATCH Offices CLOSED



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## FOOD PROGRAM

### Tofu Musubi

#### Snack Crediting for Ages 3-5

Total Time: 25 minutes

Serving Size: 1 musubi

Servings: 2

Components: Meat/Meat Alternate, Grains

#### Ingredients

- 1 package (14-16 oz) extra firm tofu
- 3 cups sticky brown rice
- 1/2 cup low sodium soy sauce
- 2 tbsp sugar
- 2 tbsp vegetable oil
- 4 nori sheets

#### Directions

1. In a small bowl, mix soy sauce and sugar together. Set aside.
2. Slice tofu into 6 even strips. Remove as much water by placing in clean towel and slightly pressing down.
3. Heat large pan on medium heat and warm the oil. Place tofu on the skillet and cook for 3 minutes on each side. Add the soy mixture and continue to cook for 1-2 minutes on each side.
4. In a small, narrow rectangular container, add 1 cup of brown sticky rice to bottom and press down to flatten. Then add 2 strips of tofu.
5. Lay out a sheet of nori and flip the container over on top of nori. Wrap nori around the rice and tofu. Seal nori by rubbing water at the ends. Cut into 4 even pieces (4 musubi). Trim excess nori. Repeat 2 more times. Serve warm.

One tofu musubi provides 1/2 oz eq whole grains and 1/2 oz meat alternate.



HAPPY  
NEW  
YEAR!

### Infant Meal Pattern Update

There is a crediting update for the Infant Meal Pattern. Crediting commercially prepared tofu and soy yogurt products as meat alternates has been extended to infant meal patterns, where previously it was only creditable for children 1 year and older.

**Soy Yogurt:** In the CACFP infant meal pattern, the serving size of soy yogurt is the same as for dairy yogurt, 0-4 ozw or 1/2 cup, for infants 6 through 11 months. Soy yogurt must also comply with any sugar limit for yogurt that is in effect within the CACFP.

**Tofu:** In the CACFP infant meal pattern, the minimum serving amount of tofu for infants 6 through 11 months is 0- 4 tablespoons (1/4 cup), or 2.2 ozw, of commercially prepared tofu, containing at least 5 grams of protein. Minimum serving sizes are listed as ranges for infants because not all infants are ready to eat solid foods at the same time. For all Child Nutrition Programs (CNP), if tofu contains greater than 5 grams of protein per 2.2 ozw, the tofu remains creditable as 1.0 ounce equivalent of meat alternate per 2.2 ozw (or 1/4 cup volume) of tofu.