

# FOOD PROGRAM



## SEPTEMBER NEWSLETTER

### How to Protect Your Home Against Wildfires

As the threat of wildfires increase, organizations like the Hawaii Wildfire Management Organization and Hawaii Firewise are teaching people what they can do to prevent the spread and protect their homes.

"The real goal is to ember-proof your house, which is wherever there's stuff, make it clean," explained Matt Glei. Glei is a wildfire ambassador for Hawaii Firewise. He helps residents harden their homes against wildfires by looking at what's called the home ignition zone.

Three things homeowners should do are:

1. Make sure gutters are clean
2. Don't let leaves or dry foliage build up, or leave furniture or anything that could catch fire right next to the house
3. Never store wood, gas or anything flammable under the house.

Hawaii Firewise provides free assessments to homeowners. Glei said they've been in high demand since wildfires devastated historic Lahaina town in early August.

"Our hearts go out to all those affected by this tragedy. We understand the magnitude of the impact on our Maui staff, their families, and the entire community. During these challenging times, our thoughts and support are with everyone who is affected by the fires."

-Carol Wear

PATCH Interim executive director



### OPEN DOORS

Preschool Open Doors will be accepting applications from  
September 1, 2023 -  
October 31, 2023

For more information, please  
visit our website at  
[www.patchhawaii.org](http://www.patchhawaii.org)



**TO SCHEDULE A  
FREE ASSESSMENT**



Mandatory Annual Provider Training  
happening during the month of  
September. Please reach out to Shantel  
or your respective Food Program  
Specialist if you have not yet signed up.



PATCH Offices will be  
closed on Labor Day.  
Monday, September 4th



What did sushi A  
say to sushi B?



Free Snack Time  
Activity Sheet



## Tofu Musubi

### 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.
1. Slice tofu into 6 even strips. Remove as much water by placing in clean towel and slightly pressing down.
2. 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.
3. 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.
4. 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.