




Food Program

PATCH

OCTOBER NEWSLETTER

LET'S TALK ABOUT FOOD SAFETY



The main ingredient in any recipe is good health and hygiene. Do your part to help prevent foodborne illnesses by ensuring cleanliness throughout food preparation. If you're preparing the Peach and Yogurt Smoothie Recipe, you can take these steps to keep your smoothies safe.

Frozen foods (e.g., peaches), are held at 0°F or below and may have a shelf life of one year or more.

Many frozen fruits are individually quick-frozen (IQF), which means you can open the package, take the amount you need, tightly close the bag, and put the remaining food back in the freezer.

Refrigerated Foods (e.g., yogurt) should maintain cold holding temperatures (40°F or below).

Follow the "two-hour rule" and never allow items that require refrigeration to sit at room temperature for more than two hours. This recommendation decreases to one hour if the air temperature is above 90°F.



mahalo



....For another great *Food Program* year! **PATCH** appreciates your dedication to serving healthy meals to our keiki in Hawaii. As we close out the 2022-2024 program year, here is what some had to say:

"I have a parent that is ecstatic about me being on the Food Program. The parent said she is so happy." N.A. -Maui Provider

"Appreciate all the support the Food Program staff provides to us" Oahu Provider

"I never thought to give my child carrot sticks nor did I think she would eat it." Maui Parent

"Thank You Shantel and Mary Ann for all your hard work. And if I have forgotten anyone please forgive me. You all are doing such an amazing job and it makes the food program enjoyable with all the knowledge and information that you share." F.M. Oahu Provider

NEED HELP PAYING FOR PRESCHOOL?
ACCEPTING APPLICATIONS 9/1/23 - 10/31/23

PRESCHOOL OPEN DOORS
Applications accepted for children born August 1, 2018 through July 31, 2019 for program participation through July 31, 2023 - June 30, 2024. Preschool Open Doors (POD) provides monthly preschool tuition subsidies to qualified families. Parents may choose any DHS licensed preschool.
DOWNLOAD AN APPLICATION AT WWW.PATCHHAWAII.ORG
Applications must be received at the POD office by October 31, 2023 to be considered.

CALL POD
808.791.2130
TOLL FREE: 1.800.746.5620

Return completed applications to:
PATCH Preschool Open Doors
560 N. Nimitz Hwy, Suite 218
Honolulu, HI 96817
Email: PODAdmin@Patch-Hi.org Fax: 808.684.3069

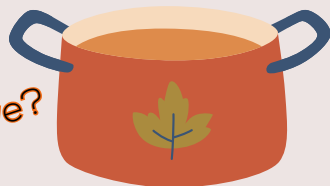
POD IS OPEN FOR APPLICATIONS

LOOKING FOR TRAINING?

PATCH TRAINING TRACKS FALL 2023
Hawaii's Resource for Child Care Training Classes, Updates & MORE

Questions?
Oahu: (808) 833-6868
Maui: (808) 242-9232
Kauai: (808) 246-0622
East Hawaii (Hilo): (808) 961-3169
West Hawaii (Kona): (808) 322-3500
Email: patch@patch-hi.org

Why was the Thanksgiving soup so expensive?



It had 24 carrots

October recipe contest theme:
Pumpkin Meal Service: Breakfast



Pumpkin Applesauce

Breakfast/Snack Crediting for Ages 3-5



Total Time
5 minutes



Serving Size
2/3 cup



Servings
12



Components
Grains, Vegetable, Fruit

Ingredients

- 6 1/4 cups unsweetened applesauce
- 1 (15 oz) can pumpkin puree
- 1 tsp vanilla extract
- 1 tsp ground cinnamon or more to taste
- 1 tsp ground pumpkin spice
- 12 graham crackers (14 grams each cracker)

Directions

1. Place applesauce, pumpkin, vanilla, pumpkin spice and cinnamon in a large bowl.
2. Mix until all is well combined.
3. Scoop 2/3 cup of mixture into a bowl and serve with 1 graham cracker for a complete snack.

One serving credits as 1/2 cup fruit, 1/8 cup vegetable and 1/2 oz eq grains.

