

FOOD SAFETY AND NUTRITION

Kūlaniākea 'Ohana Lunch Program

SAFETY

CLEAN



Wash your hands and surfaces often

- Germs that cause food poisoning can survive in many places and spread around your kitchen
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating
- Wash your utensils, cutting boards, and countertops with hot, soapy water
- Rinse fresh fruits and vegetables under running water
- Pay close attention to any locally grown produce when cleaning, especially leafy greens, to reduce risk of rat lungworm disease
- Do not wash raw meat!

SEPARATE



Don't cross-contaminate

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate
 - Use separate cutting boards and plates for raw meat, poultry, and seafood
 - When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods
 - Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge

COOK



To the right temperature

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick
- The only way to tell if food is safely cooked is to use a food thermometer
- You can't tell if food is safely cooked by checking its color and texture

GERMS THAT CAN MAKE YOU SICK



The top five germs that cause illnesses from food eaten in the United States are:

- Norovirus
- Salmonella
- Clostridium perfringens
- Campylobacter
- Staphylococcus aureus (Staph)

Some other germs don't cause as many illnesses, but when they do, the illnesses are more likely to lead to hospitalization. Those germs include:

- Clostridium botulinum (botulism)
- Listeria
- Escherichia coli (E. coli)
- Vibrio

COOK TEMPERATURES



Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops (rest 3 min)	145
Poultry	All Poultry	165
Pork and ham	Fresh pork, including fresh ham (rest 3 min)	145
	Precooked ham (to reheat)	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque

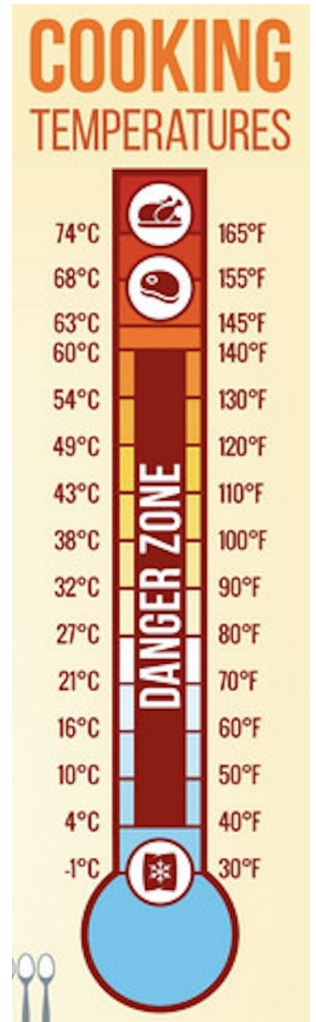
CHILL



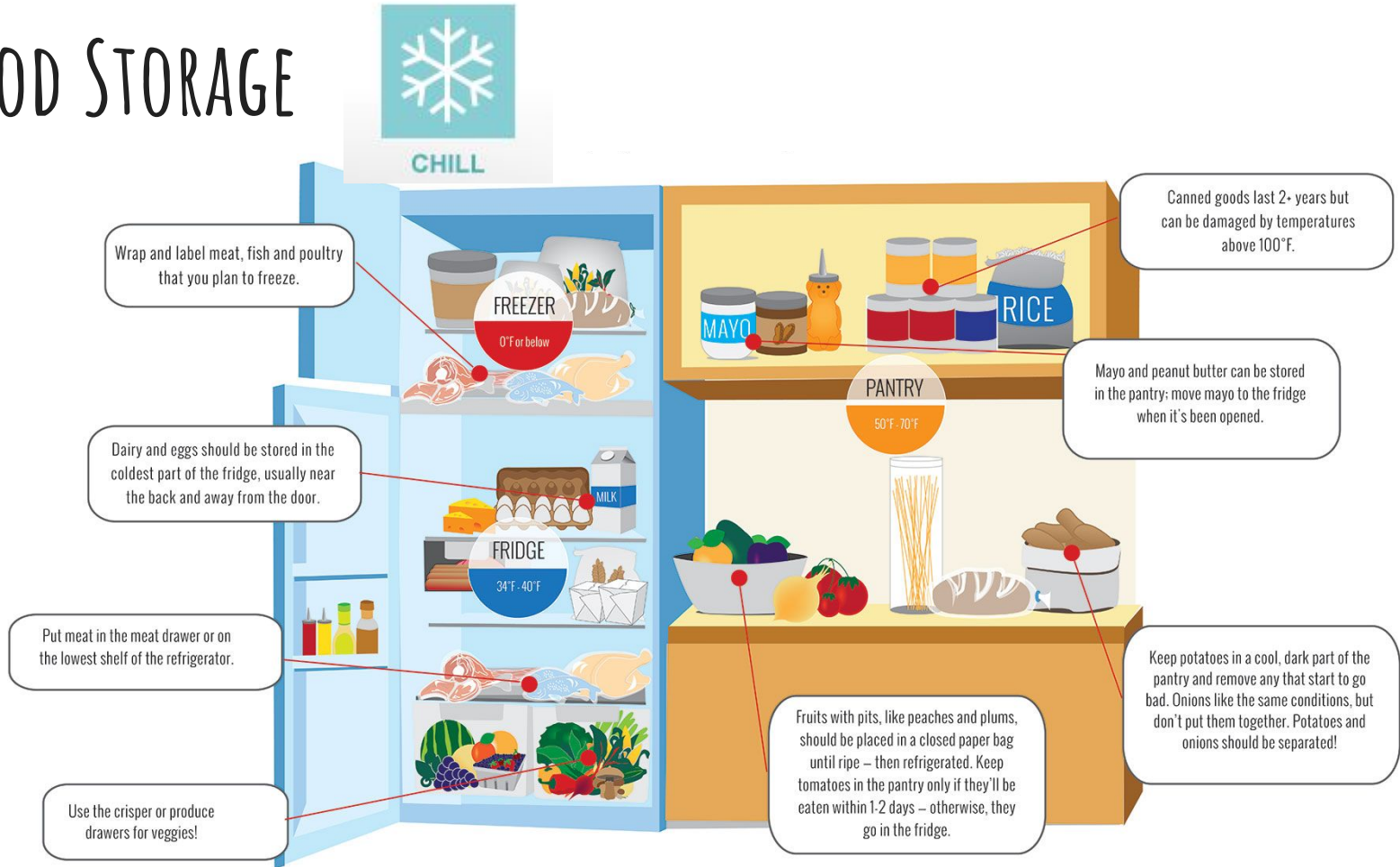
Refrigerate promptly

Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if it’s hotter than 90° F outside).

- Keep your refrigerator below 40°F and know when to throw food out
- Refrigerate perishable food within 2 hours (If outdoor temperature is above 90°F, refrigerate within 1 hour)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave
- Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature
- Bacteria grow most rapidly in the range of temperatures between 40 and 140 °F, the “Danger Zone,” some doubling in number in as little as 20 minutes
- It’s important to cool food rapidly so it reaches as fast as possible the safe refrigerator-storage temperature of 40° F or below - to do this, divide large amounts of food into shallow containers



FOOD STORAGE



COLD FOOD STORAGE TIMELINES



CHILL

Food	Type	Refrigerator	Freezer
Luncheon meat	Opened package or deli sliced	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon and sausage	Bacon	1 week	1 month
	Sausage, raw, from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
	Sausage, fully cooked, from chicken, turkey, pork, or beef	1 week	1 to 2 months
Ground meat	Hamburger, ground beef, turkey, veal, pork, lamb, and mixtures of them	1 to 2 days	3 to 4 months
Fresh meat	Steaks	3 to 5 days	4 to 12 months
	Chops	3 to 5 days	4 to 12 months
	Roasts	3 to 5 days	4 to 12 months
Fresh poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months

COLD FOOD STORAGE TIMELINES

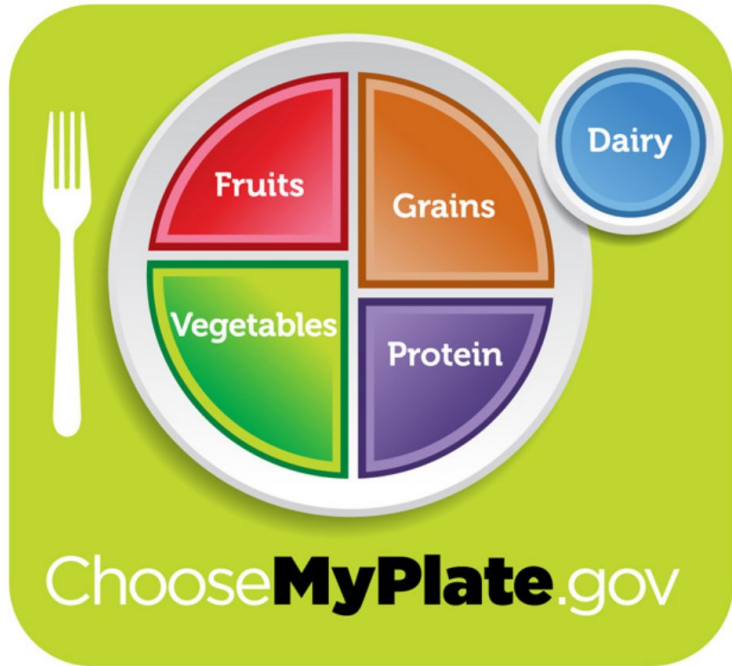


CHILL

Food	Type	Refrigerator	Freezer
Salad	Egg, chicken, ham, tuna and macaroni salads	3 to 4 days	Does not freeze well
Eggs	Raw eggs in shell	3 to 5 weeks	Do not freeze
	Raw egg whites and yolks Note: yolks do not freeze well	2 to 4 days	12 months
	Hard-cooked eggs	1 week	Do not freeze
Soups & stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

NUTRITION AND HEALTH

WHAT TYPES OF FOOD AND HOW MUCH SHOULD MY KEIKI BE EATING EACH DAY?



Food Group	Servings per Day	Portion Size for Ages 1 to 3	Portion Size for Ages 4 to 6	Portion Size for Ages 7 to 10
Fruits	2-3 servings	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	¼ cup cooked, frozen, or canned ½ piece fresh ⅓ cup 100% juice	½ cup cooked, frozen, or canned 1 piece fresh ½ cup 100% juice
Vegetables	2-3 servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
Grains	6-11 servings	½ slice bread ¼ cup cooked cereal, rice, or pasta ½ cup dry cereal 2-3 crackers	½ slice bread ½ cup cooked cereal, rice, or pasta ½ cup dry cereal 3-4 crackers	1 slice bread ½ cup cooked cereal, rice, or pasta ¾-1 cup dry cereal 4-5 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, or tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken, or tofu ½ cup cooked beans 1 egg	2-3 ounces meat, fish, chicken, or tofu ½ cup cooked beans 1 or 2 eggs
Dairy	2-3 servings	½ cup milk ½ ounce cheese ⅓ cup yogurt	½ cup milk 1 ounce cheese ½ cup yogurt	1 cup milk 1 ounce cheese ¾-1 cup yogurt

Adapted from Dietz WH, Stern L, eds. *Nutrition: What Every Parent Needs to Know*. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2012:194.

WOULD LOVE TO SHOW THE IMAGE OF THE NATIVE FOODS
PYRAMID HERE THAT WE RECEIVED DURING AHA WAHINE BUT I
DON'T HAVE A COPY!

DIVISION OF RESPONSIBILITY FOR EATING

The parent is responsible for what, when, and where. The child is responsible for how much and whether.

Parents' feeding jobs:

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Step-by-step, show children by example how to behave at family mealtime
- Be considerate of children's lack of food experience without catering to likes and dislikes
- Not let children have food or beverages (except for water) between meal and snack times
- Let children grow up to get bodies that are right for them

Children's eating jobs:

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will grow predictably
- They will learn to behave well at mealtime

RESOURCES FOR CHILD NUTRITION

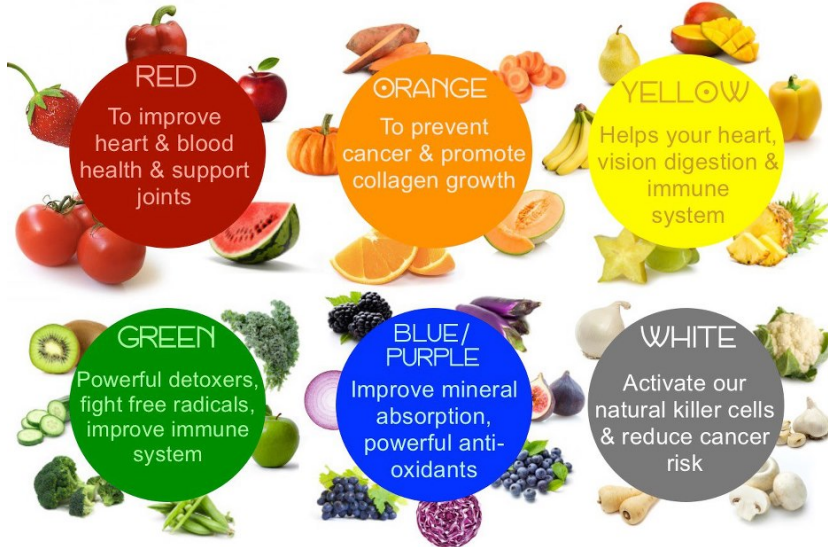
- Feeding Littles (website/blog, Facebook, Instagram)
- Kids Eat in Color (website, Facebook, Instagram)
- Veggies & Virtue (website/blog, Facebook, Instagram)
- The Ellyn Satter Institute (website, newsletter)
- <https://www.nutrition.gov/audience/children/food-and-nutrition>
- <https://www.nal.usda.gov/fnic/child-nutrition>
- <https://www.nal.usda.gov/fnic/family-resources>

EAT THE RAINBOW

EAT A RAINBOW

For Health!

[Facebook.com/liveLovefruit](https://www.facebook.com/liveLovefruit)



VEGETABLES

BENEFITS PER COLOR



GREEN

THEY CONTAIN LUTEIN, AN ANTIOXIDANT THAT REINFORCES IMPROVED VISION. THEY HAVE POTASSIUM, VITAMIN C, VITAMIN K, AND FOLIC ACID.



ORANGE

RICH IN BETA-CAROTENE & VITAMIN C. THEY HELP PROMOTE EXCELLENT VISION, HEALTHY SKIN AND SUPPORT A STRONG IMMUNE SYSTEM.



RED

ARE RICH IN PHYTOCHEMICALS LIKE LYCOPENE AND ANTHOCYANINS, THAT IMPROVE HEART HEALTH AND DIMINISH THE RISK OF CANCER.



PURPLE

RICH IN ANTIOXIDANTS AND PHYTOCHEMICALS ARE ANTI-AGING, REDUCE THE RISK OF CANCER AND SUPPORT MENTAL CLARITY



WHITE

THEY ARE RICH IN PHYTOCHEMICALS & POTASSIUM. AND HELP REDUCE CHOLESTEROL LEVELS, LOWER BLOOD PRESSURE AND PREVENT DIABETES

WHAT ABOUT ORGANIC?

- Organic produce definitely contains fewer pesticides than conventional
- Organic produce may have more nutrients than conventional (studies have varied), but there are lots of other factors at play here that could make non-organic produce a better choice in some cases (as a general rule, the fresher the produce, the more nutrients it has)
- Organic growing practices are, in general, better for the environment and for farm workers
- Locally-grown produce can often be a better choice - many times small farms are using organic practices but cannot afford to become certified (please note that most produce sold at “farmer’s markets” on island is not actually grown here)
- Organic meat disallows use of antibiotics and growth hormones; organic meat, dairy and eggs have been shown to have higher levels of omega-3’s (which are good for you!)
- Organic packaged/processed foods have less harmful additives

MAKING THE MOST OF YOUR BUDGET FOR ORGANICS



WHERE CAN I GET TRULY LOCALLY GROWN PRODUCE?

KEY Project Farm Stand

Open Thursdays from 8am-12pm

Or preorder for pickup b/w 4-6pm

Email Foodhub@keyproject.org

Farm Link Hawaii

Preorder for pickup at Kaka'ako Farmers Market

Kaka'ako Farmers Market

Kailua Thursday Night Farmers Market (if you're careful), Kailua Sunday Morning Market

KCC Farmers Market (if you're careful)

Look for signage that gives an actual farm name (like Ho Farms), ask the workers where the farm is; be highly suspicious of any one "farm" or vendor that has tons of variety, where the produce looks too "perfect" or it's all bagged in plastic

SEAFOOD CONSIDERATIONS - MONTEREY BAY AQUARIUM

BEST CHOICES

Aku/Skipjack Tuna (Pacific trolls, pole and lines)
Akule/Big-eye Scad (HI nets)
Arctic Char (farmed)
Barramundi (US & Vietnam farmed)
Bass (US hooks and lines, farmed)
Clams, Cockles, Mussels
Limu/Ogo/Seaweed (farmed)
Lionfish (US)
Lobster: Spiny (Mexico)
'Ōpae/Shrimp (US farmed)
Opelu/Mackerel Scad (HI nets)
Oysters (farmed & Canada)
Pāpa'i/Crab: King, Snow & Tanner (AK)
Salmon (New Zealand)
Scallops (farmed)
Shutome/Swordfish (Canada & US buoy, handlines, harpoons)
Squid (US)
Tilapia (Canada, Ecuador, Peru & US)
Toau/Blacktail Snapper
Tombo/Albacore Tuna (trolls, pole and lines)
Trout (US farmed)

GOOD ALTERNATIVES

'Ahi/Yellowfin Tuna (free school, trolls, pole and lines, US longlines)
Aku/Skipjack Tuna (free school, US longlines, imported trolls, pole and lines)
Ehu/Red Snapper (HI)
Hapu'upu'u/Hawaiian Grouper (HI)
Hebi/Shortbill Spearfish (imported)
He'e/Octopus (Canada, Portugal & Spain pots and traps, HI)
Kajiki/Blue Marlin (HI)
Mahi Mahi (Ecuador & US longlines)
Onaga/Ruby Snapper (HI)
Ono/Wahoo (HI)
'Ōpae/Shrimp (Canada & US wild, Ecuador & Honduras farmed)
Opah/Moonfish (HI)
Opakapaka/Pink Snapper (HI)
Oysters (US wild)
Salmon (CA, OR & WA)
Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
Tombo/Albacore Tuna (US longlines)
Uku/Gray Snapper (HI)
Yellowtail (US gillnets)

AVOID

'Ahi/Yellowfin Tuna (longlines except US)
Aku/Skipjack Tuna (imported purse seines)
Cod: Atlantic (gillnet, longline, trawl)
He'e/Octopus (other imported sources)
Kajiki/Blue Marlin
Mahi Mahi (imported)
Manō/Sharks
Ono/Wahoo (imported)
'Ōpae/Shrimp (other imported sources)
Opah/Moonfish (imported)
Orange Roughy
Pāpa'i/Crab (Argentina, Asia & Russia)
Salmon (Canada Atlantic, Chile, Norway & Scotland)
Sardines: Atlantic (Mediterranean)
Shutome/Swordfish (imported longlines)
Tilapia (China)
Tombo/Albacore Tuna (imported except trolls, pole and lines)
Tuna: Bluefin

How to Use This Guide

Most of our recommendations, including all [eco-certifications](#), aren't on this guide. Be sure to check our app for the full list.

Best Choices

Buy first; they're well managed and caught or farmed responsibly.

Good Alternatives

Buy, but be aware there are concerns with how they're caught, farmed or managed.

Avoid

Take a pass on these for now; they're overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.

SEAFOOD CONSIDERATIONS - MONTEREY BAY AQUARIUM

BEST CHOICES

Aku/Skipjack Tuna (Pacific trolls, pole and lines)
Akule/Big-eye Scad (HI nets)
Arctic Char (farmed)
Barramundi (US & Vietnam farmed)
Bass (US hooks and lines, farmed)
Clams, Cockles, Mussels
Limu/Ogo/Seaweed (farmed)
Lionfish (US)
Lobster: Spiny (Mexico)
'Ōpae/Shrimp (US farmed)
Opelu/Mackerel Scad (HI nets)
Oysters (farmed & Canada)
Pāpa'i/Crab: King, Snow & Tanner (A
Salmon (New Zealand)
Scallops (farmed)
Shutome/Swordfish (Canada & US bu
handlines, harpoons)
Squid (US)
Tilapia (Canada, Ecuador, Peru & US)
Toau/Blacktail Snapper
Tombo/Albacore Tuna (trolls, pole and lines)
Trout (US farmed)

GOOD ALTERNATIVES

'Ahi/Yellowfin Tuna (free school, trolls,
pole and lines, US longlines)

Note: Mercury levels are a concern for keiki and women who are pregnant

As a general rule, the larger the fish, the more mercury it has

Avoid shark, shutome / swordfish, kajiki / marlin

Limit ahi, ono, and opah

Salmon (CA, OR & WA)
Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
Tombo/Albacore Tuna (US longlines)
Uku/Gray Snapper (HI)
Yellowtail (US gillnets)

AVOID

'Ahi/Yellowfin Tuna (longlines except US)
Aku/Skipjack Tuna (imported)

Tilapia (China)
Tombo/Albacore Tuna (imported except trolls, pole and lines)
Tuna: Bluefin

How to Use This Guide

Most of our recommendations, including all **eco-certifications**, are on this guide. Be sure to check our app for the full list.

Choices

First; they're well managed and caught or farmed responsibly.

Alternatives

But be aware there are concerns with how they're caught, farmed or managed.

Avoid

Take a pass on these for now; they're overfished, lack strong management or are caught or farmed in ways that harm other marine life or the environment.

READING FOOD LABELS

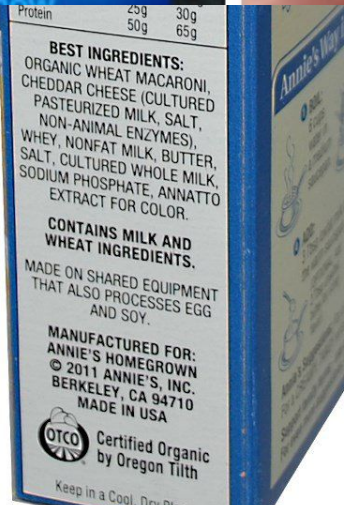


Cholest	Less than	300mg	300mg
Sodium	Less than	2400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, SODIUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, YELLOW 6, ENZYMES, CHEESE CULTURE)

CONTAINS: WHEAT, MILK.

KRAFT FOODS COMPANY

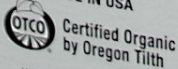


BEST INGREDIENTS:
ORGANIC WHEAT MACARONI, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, NON-ANIMAL ENZYMES), WHEY, NONFAT MILK, BUTTER, SALT, CULTURED WHOLE MILK, SODIUM PHOSPHATE, ANNATTO EXTRACT FOR COLOR.

CONTAINS MILK AND WHEAT INGREDIENTS.

MADE ON SHARED EQUIPMENT THAT ALSO PROCESSES EGG AND SOY.

MANUFACTURED FOR:
ANNIE'S HOMEGROWN
© 2011 ANNIE'S, INC.
BERKELEY, CA 94710
MADE IN USA



Keep in a Cool, Dry Place

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat 110**

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Start here

Check calories

Quick guide to % DV

5% or less is low
20% or more is high

Limit these

Get enough of these

Footnote

SUGAR

- Kula asks that all food sent here be low in sugar
- Experts recommend children consume less than six teaspoons of added sugars per day (25g); children and teens should limit their intake of sugar-sweetened drinks to no more than eight ounces **weekly**
- **Check labels for sneaky sugar!**
 - Types of sugar: beet sugar, brown sugar, buttered sugar, cane sugar, caster sugar, coconut sugar, date sugar, golden sugar, invert sugar, muscovado sugar, organic raw sugar, raspadura sugar, evaporated cane juice, and confectioner's sugar.
 - Types of syrup: carob syrup, golden syrup, high-fructose corn syrup, honey, agave nectar, malt syrup, maple syrup, oat syrup, rice bran syrup, and rice syrup.
 - Other added sugars: barley malt, molasses, cane juice crystals, lactose, corn sweetener, crystalline fructose, dextran, malt powder, ethyl maltol, fructose, fruit juice concentrate, galactose, glucose, disaccharides, maltodextrin, and maltose.
- However, it's important not to vilify sugar (by calling it bad or poison, etc) or place it on a pedestal (by making it a reward for eating dinner/behaving or calling it a very special treat) as these can lead to an unhealthy relationship with food

OTHER LABELS AND WHAT THEY MEAN

Organic: Foods labeled "organic" must consist of at least 95% organically produced ingredients and the other 5% must be approved on the National List provided by the USDA. They can not be produced with any antibiotics, growth hormones, pesticides, petroleum or sewage-sludge based fertilizers, bioengineering, or ionizing radiation.

Made with Organic Ingredients: Foods with this labeling must consist of at least 70% organic ingredients and none of the ingredients can be produced with sewage-sludge based products or ionizing radiation.

Natural: There is little government regulation of this term - it does not guarantee anything, so check ingredients!

Sugar Free: Such a product contains less than 0.5 gram of sugar per serving—including naturally occurring fruit and milk sugars. But it can (and often does) contain artificial sweeteners.

Unsweetened: No sugars—or artificial sweeteners—have been added to the product. It may still contain sugars that occur naturally.

OTHER LABELS AND WHAT THEY MEAN

Cage Free: Hens do not live in small cages, but could still be confined in a building and never see the outdoors.

Pasture Raised: This term alone on your egg carton does not have any meaning. Look for it in combination with the "American Humane Certified" or the "Certified Humane" seal. Together they mean that the hens must be outside every day and have lots of space to roam.

Free Range: This claim on egg cartons implies that the hens get to move freely outdoors. Look for it in combination with the "American Humane Certified" seal to ensure that the hens have sufficient outdoor space to roam.

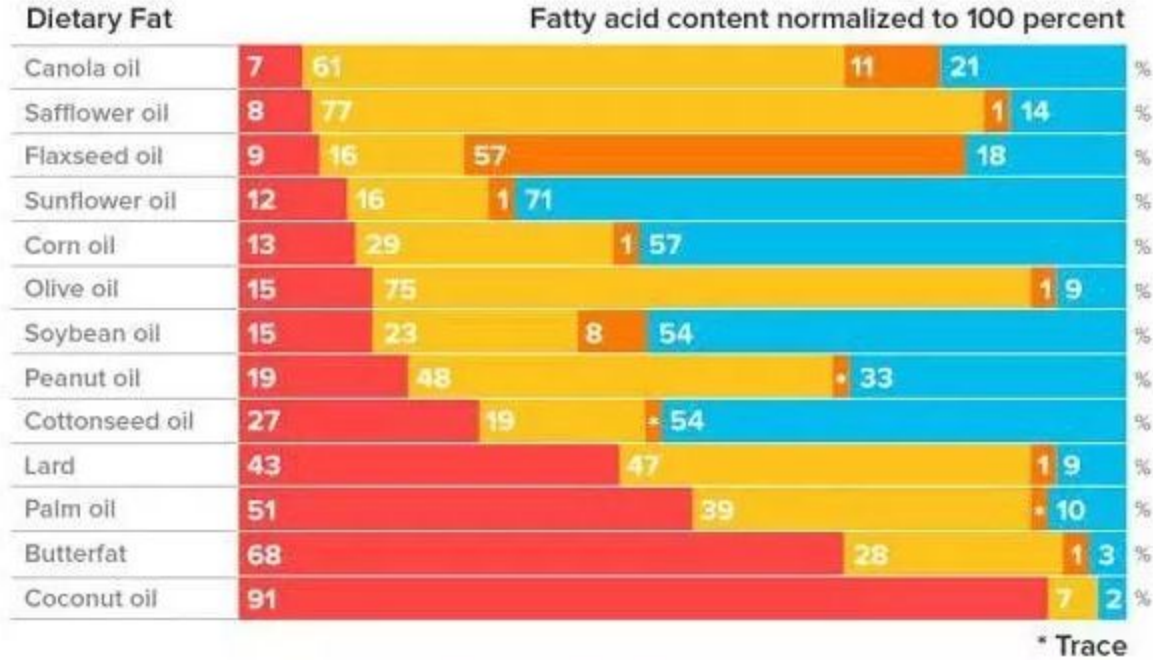
Grass Fed: Food labeled "grass fed" usually includes the label "free range" or "cage free," however, they are not necessarily connected. By definition a "grass fed" animal is one that is raised primarily on ranges rather than in a feedlot, which means that they can be contained and still show this label, as long as they are allowed to graze. According to studies done by Northwestern Health Sciences University, grass fed products are usually preferred because the animals were probably not contained and the products are healthier than grain fed products. If an animal was "grain fed" it was most likely raised in a feedlot, contained for most of its life, and is of less nutritional value.

WHAT ARE OMEGA-3'S AND WHY SHOULD I CARE?

- Type of fatty acid
- Crucial for many functions in our body, especially our brain!
- Can improve eyesight
- Helps depression and anxiety
- Reduces symptoms of ADHD
- Improves sleep quality
- Reduces inflammation, including reducing asthma
- **Sources:** some fish like salmon and opelu, flaxseeds and flaxseed oil, mac nuts, grass fed beef, chia seeds, walnuts

BEST COOKING OILS

- Coconut oil
- Grass-fed butter or ghee
- Palm oil (sustainably harvested)
- Olive oil
- Avocado oil



Saturated Fat



Monounsaturated Fat



Oleic acid
(an Omega-9
fatty acid)

Polyunsaturated Fat



Alpha-linolenic acid
(an Omega-3
fatty acid)



Linoleic acid
(an Omega-6
fatty acid)

POTENTIALLY DANGEROUS FOOD ADDITIVES

Chemical	Food-related use	Selected health concerns
Bisphenol A (BPA)	<ul style="list-style-type: none">- Hardens plastic containers- Prevents rust on metal food and beverage cans	<ul style="list-style-type: none">- Can act like estrogen in the body and may change the timing of puberty, decrease fertility, increase body fat, and possibly affect the nervous and immune systems
Phthalates	<ul style="list-style-type: none">- Makes plastic and vinyl flexible for use in plastic tubing- Used in industrial food production	<ul style="list-style-type: none">- Can affect male genital development, increase childhood obesity and metabolic function, and may affect the cardiovascular system
Perfluoroalkyl chemicals (PFCs)	<ul style="list-style-type: none">- Creates grease-proof paper and cardboard in food packaging	<ul style="list-style-type: none">- Can reduce immune response, birth weight and fertility- May also cause changes to the thyroid hormone system, which is crucial for metabolism, digestion, muscle control, brain development and bone strength
Perchlorate	<ul style="list-style-type: none">- Controls static electricity in some dry food packaging	<ul style="list-style-type: none">- May interfere with thyroid hormone, affecting early life brain development and growth
Synthetic artificial food colors (AFCs)	<ul style="list-style-type: none">- Helps improve the appearance of processed foods and beverages - common in children's food products	<ul style="list-style-type: none">- Can sometimes act as substitute for nutritious ingredients, such as in fruit juice drinks that contain little or no actual fruit- May have effects on child behavior and attention
Nitrates/nitrites	<ul style="list-style-type: none">- Preservative and color enhancer - especially to cured and processed meats, fish and cheese	<ul style="list-style-type: none">- Linked with tumors in the digestive and nervous system, as well as thyroid problems- Can cause methemoglobinemia in infants and toddlers- Can interfere with the blood's ability to deliver oxygen in the body

REDUCING EXPOSURE TO POTENTIALLY DANGEROUS FOOD ADDITIVES

A recent review of nearly 4,000 food additives showed that 64% of them had had no research showing they were safe for people to eat or drink.

- Buy fresh or frozen fruits and vegetables when possible, canned is more likely to have additives and BPA in the can lining
- Minimize processed meats, such as hot dogs and lunch meat, or choose nitrate/nitrite-free options
- Try not to heat plastic food containers and utensils, whether through the dishwasher, microwave, or some other means, as heat can cause them to leak BPA and phthalates into food
- Use glass and stainless steel, especially when cooking
- Look out for high fructose corn syrup, monosodium glutamate, artificial food colors and artificial flavors
- Consider purchasing organic versions of any packaged food you buy, as it typically contains less or no additives

LUNCH IDEAS

Feeding Littles School Lunch Cheat Sheet

Offer at least one food from each category so your tot gets variety, a balance of nutrients, and options while at school! If offering new foods, include familiar foods too. These are simply suggestions to inspire you! Mix it up, add a dessert every so often, and have fun!

Protein

Hard boiled egg	Nitrate-free deli meat
Beans*, lentils*	Chicken, egg, tuna salad
Cubed turkey, chicken	Cheese
Ground meat	Greek yogurt
Nut/seed butter	Cottage cheese
	Hummus

Starch

Cubed sweet pot./squash	Quinoa, rice, couscous
Whole grain bread (sandwich)	Pasta, pasta salad
Whole grain pita	Whole grain tortilla
Lentil pasta*	Cooked corn
	Peas*, beets*
	Tortilla chips (4+)
	Crackers

Veggie

Fresh, from frozen, canned, freeze-dried

Shredded or baby carrots	Celery (ants on a log!)
Cucumber	Veggie soup
Tomato	Peas*, beets*
Bell pepper	Snap peas
Jicama	Green beans
Cooked broccoli, cauli	Salad greens
	Zucchini

Fruit

Fresh, from frozen, canned, freeze-dried

Banana	Kiwi
Orange	Avocado/guac
Strawberries	Olives
Blueberries	Honeydew
Raspberries	Cantaloupe
Blackberries	Papaya
Grapes (cut)	Mango
Watermelon	Apple/applesauce

Fat

Fat helps your child's body absorb nutrients and keeps them full. Whole milk dairy, olives, oil, fatty fish, eggs, non-lean meats/poultry, avocado/guac, and nut butters all contain fat. Make sure your child's lunch includes some type of fat!

*Some foods count as starches and veggies or starches and protein



Need more help?
www.feedinglittles.com

*** Kūlaniākea is a nut-free school! Sunbutter is ok to use.

MORE IDEAS

DELI MEAT ALTERNATIVES

Raspberry & Almond Butter



Cheese & Veggies



@kids.eat.in.color

Banana & Peanut Butter



Blackberry & Cream Cheese



Blueberry & Granola Butter



Avocado & Hummus



NUTRITIOUS DIPS

Marinara



Green Yogurt "Ranch"



Hummus



Seed/Nut Butter



Spiced Plain Yogurt



Guacamole



ekids.eat.in.color

Imbalanced



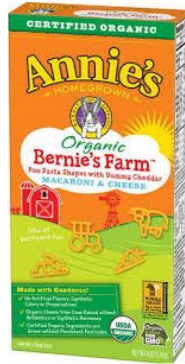
No fat & protein

Balanced



Dips include the fat & protein

SOME LOCALLY-AVAILABLE "BETTER" OPTIONS




KEIKI IN THE
KITCHEN

GETTING KEIKI INVOLVED IN THE KITCHEN




AGE PARTICIPATION GUIDE

TODDLERS 4-7 YRS 8-11 YRS 12 & UP



brought to you by
COOKSMARTS
helping home cooks live happier,
simpler, smarter in the kitchen








IMPROVE THEIR ARITHMETIC

-  Add pre-measured ingredients
4 8 12
-  Measure and weigh ingredients
4 8 12
-  Scale and adjust ingredients
4 8 12






OPERATING TOOLS & APPLIANCES

-  Hold down buttons (salad spinner, food processor, blender) with supervision
4 8 12
-  Operate tools and appliances on their own
4 8 12






SHARING COOKING KNOWLEDGE

-  Introduce names of ingredients
4 8 12
-  Describe tastes and textures the meal
4 8 12
-  Brainstorm meal ideas together
4 8 12
-  Taste things
4 8 12
-  Grow a garden
4 8 12

PREPPING & CHOPPING

-  Tear greens by hand (lettuce, kale, chard)
4 8 12
-  Use scissors to trim beans, peas, bell peppers
4 8 12
-  Prep easy-to-chop ingredients with a kid's knife
4 8 12
-  Prep easy-to-chop ingredients with a regular knife
4 8 12
-  Prep ingredients with a chef's knife
4 8 12

COOKING

-  Assemble pizzas and casseroles
4 8 12
-  Stirring and shaking (soups, breading)
4 8 12
-  Seasoning and tenderizing meats with a fork
4 8 12
-  Put in charge of making salad dressings
4 8 12
-  Be responsible for a part of dinner
4 8 12

TASKS YOUR KEIKI MAY BE ABLE TO DO

- Pour dry and liquid ingredients into a bowl
- Rinse fruits and vegetables
- Scrub potatoes
- Pick herbs off the stem
- Tear greens into pieces
- Brush oil or butter with a pastry brush
- Stir batter in a bowl
- Mash vegetables
- Sprinkle salt or herbs
- Cut soft foods with a plastic knife
- Roll out and knead pizza or bread dough
- Juice lemons and limes
- Crack an egg
- Measure and level dry ingredients with a straight edge
- Spread butter and jam
- Set the timer
- Whisk a vinaigrette
- Peel a cooled hard-boiled egg
- Set the table
- Rinse dishes that aren't too heavy
- Spray the countertop with an all-purpose cleaner, then wipe it clean
- Cook with you at the stove
- Use a can opener, garlic press, or Microplane
- Peel fruits and vegetables
- Grate cheese with a box grater
- Drain and slice tofu
- Form patties
- Whip cream with a hand mixer
- Grease a baking pan
- Scoop batter into muffin cups
- Scrape down the mixer bowl
- Slice bread
- Thread food onto skewers

PAST HALE KEALOHA
MENUS FOR IDEAS

7 Turkey Ulu Burger Lettuce/Tomato Orange Wedges Edamame	8 Pork Hekka Rice Watermelon Roll	9 Beef Stew Rice Fruit Medley Roll	10 Chicken Long Rice Rice Uala Orange Wedges Roll	11 Beef Luau Rice Cantaloupe Roll
14 Penne Chicken Toss Salad Watermelon Roll	15 Kalo Fish Burger Lettuce/Tomato Fruit Medley Edamame	16 Pork Long Beans Rice Pineapple Roll	17 Hamburger Curry Rice Watermelon Roll	18 Spaghetti Toss Salad Cantaloupe Roll
21 Chicken Lau Lau Lomi Tomato Poi Fruit Medley Roll	22 Nacho Lettuce/Tomato Pineapple Edamame	23 Ham Sandwich Corn Chowder Cantaloupe	24 Roast Chicken Sandwich Lettuce/Tomato Watermelon Edamame	25 Kalua Pig w/ Cabbage Rice Fruit Medley Roll
28 Beef Tomato Rice Pineapple Roll	29 Chicken Choy Sum Rice Cantaloupe Roll	30 Chili Rice Toss Salad Orange Wedges Roll	31 Turkey Patty w/gravy Mashed Potato Corn Fruit Medley Roll	

<p>8 Turkey Patty w/gravy Mash Potato Corn Fruit Medley Whole Wheat Bread Milk</p>	<p>9 Kalua Pig on Whole Wheat Bun Fresh Greens w/dressing Pineapple Edamame Milk</p>	<p>10 Aina Stir Fry Steam Rice Cantaloupe Whole Wheat Bread Milk</p>	<p>11 Beef Hawaiian Stew Steam Rice Orange Wedges Whole Wheat Bread Milk</p>	<p>12 Chicken Broccoli Steam Rice Watermelon Whole Wheat Bread Milk</p>
<p>15 No School Holiday</p>	<p>16 Aina Spaghetti Fresh Green Salad w/dressing Cantaloupe Whole Wheat Bread Milk</p>	<p>17 Turkey Ulu Burger on Whole Wheat Bun Lettuce and Tomato Orange Wedges Edamame Milk</p>	<p>18 Pork Hekka Steam Rice Watermelon Whole Wheat Bread Milk</p>	<p>19 Beef Stew Steam Rice Fruit Medley Whole Wheat Bread Milk</p>
<p>22 Beef Luau Steam Rice Cantaloupe Whole Wheat Bread Milk</p>	<p>23 Chicken Long Rice Steam Rice Uala Orange Wedges Whole Wheat bread Milk</p>	<p>24 Aina Penne Chicken Fresh Green Salad w/dressing Watermelon Whole Wheat bread Milk</p>	<p>25 Aina Fish Burger on Whole Wheat Bun Lettuce and Tomato Fruit Medley Edamame Milk</p>	<p>26 Pork Stir Fry Steam Rice Pineapple Whole Wheat bread Milk</p>
<p>29 Pork Tofu Long Rice Steam Rice Broccoli Orange Wedges Milk</p>	<p>30 Aina Curry Stew Steam Rice Watermelon Whole Wheat Bread Milk</p>	<p>31 Chicken Lau Lau Lomi Tomato Poi Fruit Medley Whole Wheat Bread Milk</p>		

			1 Aina Nacho Salad Lettuce and Tomato Pineapple Edamame	2 Ham Sandwich Aina Corn Chowder Cantaloupe
5 Roast Chicken Salad Sandwich Lettuce and Tomato Watermelon Edamame	6 Kalua Pig w/Cabbage Steam Rice Fruit Medley Whole Wheat Bread	7 Beef Tomato Steam Rice Pineapple Whole Wheat Bread	8 Chicken Choy Sum Steam Rice Cantaloupe Whole Wheat Bread	9 Aina Chili Steam Rice Fresh Green Salad w/dressing Orange Wedges Whole Wheat Bread
12 Turkey Patty w/gravy Mash Potato Corn Fruit Medley Whole Wheat Roll	13 Kalua Pig on Whole Wheat Bun Fresh Greens w/dressing Pineapple Edamame	14 Aina Stir Fry Steam Rice Cantaloupe Whole Wheat Bread	15 Hawaiian Beef Stew Steam Rice Orange Wedges Whole Wheat Bread	16 Chicken Broccoli Steam Rice Watermelon Whole Wheat Bread
19 No School Holiday	20 Aina Spaghetti Fresh Green Salad w/dressing Cantaloupe Whole Wheat Bread	21 Turkey Ulu Burger on Whole Wheat Bun Lettuce and Tomato Orange Wedges Edamame	22 Pork Hekka Steam Rice Watermelon Whole Wheat bread	23 Beef Stew Steam Rice Fruit Medley Whole Wheat Bread
26 Beef Luau Steam Rice Cantaloupe Whole Wheat Bread	27 Chicken Long Rice Steam Rice Uala Orange Wedges Whole Wheat bread	28 Aina Penne Chicken Fresh Green Salad w/dressing Watermelon Whole Wheat bread		

			<p>1 Aina Fish Burger on Whole Wheat Bun Lettuce and Tomato Fruit Medley Edamame</p>	<p>2 Pork Stir Fry Steam Rice Pineapple Whole Wheat Bread</p>
<p>5 Pork Tofu Long Rice Steam Rice Broccoli Orange Wedges</p>	<p>6 Aina Curry Stew Steam Rice Watermelon Whole Wheat Bread</p>	<p>7 Chicken Lauau Lomi Tomato Poi Fruit Medley Whole Wheat Bread</p>	<p>8 Aina Nacho Salad Lettuce and Tomato Pineapple Edamame</p>	<p>9 Ham Sandwich Aina Corn Chowder Cantaloupe</p>
<p>12 Roast Chicken Salad Sandwich Lettuce and Tomato Watermelon Edamame</p>	<p>13 Kalua Pig w/Cabbage Steam Rice Fruit Medley Whole Wheat Bread</p>	<p>14 Beef Tomato Steam Rice Pineapple Whole Wheat Bread</p>	<p>15 Chicken Choy Sum Steam Rice Cantaloupe Whole Wheat Bread</p>	<p>16 Aina Chili Steam Rice Fresh Green Salad w/dressing Orange Wedges Whole Wheat Bread</p>
<p>19 Turkey Patty w/gravy Mash Potato Corn Fruit Medley Whole Wheat Roll</p>	<p>20 Kalua Pig on Whole Wheat Bun Fresh Greens w/dressing Pineapple</p>	<p>21 Aina Stir Fry Steam Rice Cantaloupe Whole Wheat Roll</p>	<p>22 SPRING BREAK</p>	<p>23 SPRING BREAK</p>

<p>2 Beef Luau Stew Steam Rice Cantaloupe Whole Wheat Bread</p>	<p>3 Cholekn Long Rice Steam Rice Uala Orange Wedges Whole Wheat Bread</p>	<p>4 Aina Penne Chicken Fresh Greens w/dressing Watermelon Whole Wheat Bread</p>	<p>5 Aina Fish Burger on Whole Wheat Bun Lettuce and Tomato Fruit Medley Edamame</p>	<p>6 Pork Stir Fry Steam Rice Pineapple Whole Wheat Bread</p>
<p>8 Pork Tofu Long Rice Steam Rice Broccoli Orange Wedges</p>	<p>10 Aina Curry Stew Steam Rice Watermelon Whole Wheat Bread</p>	<p>11 Chicken Lauau Lomi Tomato Pol Fruit Medley Whole Wheat Bread</p>	<p>12 Aina Nacho Salad Lettuce and Tomato Pineapple Edamame</p>	<p>13 Ham Sandwich Aina Corn Chowder Cantaloupe</p>
<p>16 Roast Chicken Salad Sandwich Lettuce and Tomato Watermelon Edamame</p>	<p>17 Kalua Pig with Cabbage Steam Rice Fruit Medley Whole Wheat Bread</p>	<p>18 Beef Tomato Steam Rice Pineapple Whole Wheat Bread</p>	<p>19 Chicken Choy Sum Steam Rice Cantaloupe Whole Wheat Bread Milk</p>	<p>20 Aina Chili Steam Rice Fresh Green Salad w/dressing Orange Wedges Whole Wheat Bread</p>
<p>23 Turkey Patty with Gravy Mash Potato Corn Fruit Medley Whole Wheat Bread</p>	<p>24 Kalua Pig on Whole Wheat Bun Fresh Greens w/dressing Pineapple Edamame</p>	<p>25 Aina Stir Fry Steam Rice Cantaloupe Whole Wheat Bread</p>	<p>26 Beef Hawaiian Stew Steam Rice Orange Wedges Whole Wheat Bread</p>	<p>27 Chicken Broccoli Steam Rice Watermelon Whole Wheat Bread</p>

	<p>1 Aina Spaghetti Fresh Green Salad w/dressing Cantaloupe Whole Wheat Bread</p>	<p>2 Turkey Ulu Burger on Whole Wheat Bun Lettuce and Tomato Orange Wedges Edamame</p>	<p>3 Pork Hekka Steam Rice Watermelon Whole Wheat Bread</p>	<p>4 Beef Stew Steam Rice Fruit Medley Whole Wheat Bread</p>
<p>7 Beef Luau Stew Steam Rice Cantaloupe Whole Wheat Bread</p>	<p>8 Chciekn Long Rice Steam Rice Uala Orange Wedges Whole Wheat Bread</p>	<p>9 Aina Penne Chicken Fresh Greens w/dressing Watermelon Whole Wheat Bread</p>	<p>10 Aina Fish Burger on Whole Wheat Bun Lettuce and Tomato Fruit Medley Edamame</p>	<p>11 Pork Stir Fry Steam Rice Pineapple Whole Wheat Bread</p>
<p>14 Pork Tofu Long Rice Steam Rice Broccoli Orange Wedges</p>	<p>15 Aina Curry Stew Steam Rice Watermelon Whole Wheat Bread</p>	<p>16 Chicken Lauau Lomi Tomato Poi Fruit Medley Whole Wheat Bread</p>	<p>17 Aina Nacho Salad Lettuce and Tomato Pineapple Edamame</p>	<p>18 Ham Sandwich Aina Corn Chowder Cantaloupe</p>
<p>21 Roast Chicken Salad Sandwich Lettuce and Tomato Watermelon Edamame</p>	<p>22 Kalua Pig with Cabbage Steam Rice Fruit Medley Whole Wheat Bread</p>	<p>23 Beef Tomato Steam Rice Pineapple Whole Wheat Bread</p>	<p>24 Chicken Choy Sum Steam Rice Cantaloupe Whole Wheat Bread</p>	<p>25 Aina Chili Steam Rice Fresh Green Salad w/dressing Orange Wedges Whole Wheat Bread</p>
<p>28 No School Holiday</p>	<p>29 Kalua Pig on Whole Wheat Bun Fresh Greens w/dressing Pineapple Edamame</p>	<p>30 Aina Stir Fry Steam Rice Cantaloupe Whole Wheat Bread</p>	<p>31 Beef Hawaiian Stew Steam Rice Orange Wedges Whole Wheat Bread</p>	