



summertime AND HEALTHY EATING

Summer provides an excellent opportunity to bring healthful eating and young children together. Parents and child care providers play a critical role in children learning healthful eating habits both through teaching and modeling. They have daily opportunities to prepare and serve snacks and meals. Summer offers more time to involve children in these preparations and occasions that lend themselves to simply having fun in planning and serving healthy foods.

An excellent way to start is to visit USDA's MyPlate website at www.choosemyplate.gov for tips on healthy balanced meals and snacks for young children. The key message of MyPlate is to remind us the importance of healthy eating style and to build it throughout our lifetime.

The key to success is variety! Fortunately, the healthiest food groups: milk, meat, vegetables, fruit, and whole grains include a wide variety of foods to choose from.

Remember the younger the child, the smaller the portions, and serve them in a form that is easy to chew and swallow to prevent choking.



Variety in serving

Don't forget variety in serving...



The same peanut butter and jelly sandwich or slice of cheese can be so much more appealing when cut with a cookie cutter shape.

Continued on page 4



**Good news!
I got a caregiver!**
Through all the searching and calling, I finally found a preschool who can take Mia. I owe it all to you and can't even begin to explain how grateful I am for all of your help and support!!! Thank you, thank you, thank you!!!!

Love, Michelle & Mia 😊
(Oahu mom & child)



Each year PATCH answers 8,000 requests for child care referrals from parents. 90% of clients surveyed rate PATCH services and counseling as High Quality.

PLEASE COMPLETE AND ENCLOSE DONATION FORM BELOW WITH YOUR GIFT TO PATCH.

Yes! I want to help PATCH support Hawaii's most precious resource -our keiki!

My gift of: \$100 \$50 \$25 \$_____ is enclosed.

Please make checks payable to "PATCH," and mail to: (other amount)
PATCH 560 N. Nimitz Hwy, Suite 218 Honolulu, HI 96817

Please charge \$_____ to my credit card. (You may also visit www.patchhawaii.org or call 791-2125 to donate via credit card)

Card Number _____

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My employer has a matching gift program.

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PATCH'S MISSION IS TO SUPPORT AND IMPROVE THE QUALITY AND AVAILABILITY OF CARE FOR THE YOUNG PEOPLE OF HAWAII.



APRIL is a **BIG** Month For Kids

Week of the Young Child (April 16–20)

Sponsored by the National Association for the Education of Young Children, the week focuses public attention on the needs of young children and their families and recognizes the early learning programs and services that meet those needs. Visit NAEYC.org.

Month of the Military Child (April)

recognizes the contribution the military child makes as their parent or parents serve our nation. Branches of all the services provide special events to honor military children and families. More details are at https://www.defense.gov/News/Special-Reports/0418_militarychild/



National Autism Awareness Month

With more children diagnosed with autism spectrum disorder than ever before, your concern, involvement, and awareness this year can have a real impact on special-needs families here and across the country. Visit Autismspeaks.org for information and resources.

National Child Abuse Prevention Month

Acknowledges the importance of families and communities working together to prevent child abuse and neglect, and promote social and emotional well-being of children and their families. Find out more at <http://preventchildabuse.org/>



Above photo by English: Lance Cpl. Jacob Barber [Public domain], via Wikimedia Commons



Come Visit the PATCH Booth at the New Baby Expo 2018

Hawaii's largest prenatal to preschool Expo. A weekend event created especially for young families with Great Exhibitors, Activities, Demonstrations & Events!
May 19th –20th, at the Neal Blaisdell Exhibition Hall, Honolulu.

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A train of crackers of different shapes with carrot wheels, a pineapple chunk smoke stack, and raisins for smoke puffs can be a delight, as can a banana chunk standing in a ring of pineapple with a half grape on top for a rocket.



A "walk-around" snack of various cereals, pretzel pieces, and a few colorful dried fruits in a bag, or a dab of plain Greek yogurt and a few fresh berries to fancy-up a graham cracker are appealing.

Summertime activities

Summer also includes activities that lend themselves to serving food differently:



Blend new and favorite fresh fruits with milk and freeze into popsicles; make fresh lemonade; or fresh fruit infused water each day to help encourage drinking extra liquids on hot days.



Bring along tasting bins to help pass "rest break" at the pool or playing in the lawn sprinkler. Simply prepare a plastic container or bag for each child with a variety of fresh cold fruits to sample. You can have fun simply listening to each other's taste responses; identifying a dozen letters of the alphabet as each selection is named; and, where appropriate, keeping score of the number of "right guesses."



Children can help with the main meal. Provide them with a melon boat or squash boat and guidance/supervision in cutting selections of fruits or vegetables to serve with a yogurt dip.



Extend children's play using play dishes readied for snack time, adding a paper doilie to a serving plate, or providing grown-up fancy napkins. Older children can prepare menus, place mats, checks, play money and other restaurant features.



Follow-up on story themes by having a foil covered box as a treasure chest with individually wrapped snacks to be selected; a lovely basket decorated with flowers to hold snacks tied with a ribbon; or toddlers imitate The Very Hungry Caterpillar.



Vegetables (new varieties and old favorites) taste oh so different when grilled...even if they need to be dressed in a bit of catsup or mustard.

The key to success for adults--in teaching and modeling healthy eating habits--and for children in learning healthy food choices--is variety. But, now you know it's not just what you choose, but how you fix it and serve it that puts "fun" into the variety.

Enjoy healthful summer eating!

*Article by NAEYC.org
updated to include
www.choosemyplate.gov*



You don't have to walk it alone — join PATCH at the 40th Annual Visitor Industry Charity Walk!

When will the walk take place on my island? And, how can I register to walk and support PATCH?

WHEN + WHERE?	HOW you can REGISTER to walk with or sponsor us!
<p>May 5 + Lanai/Molokai</p>	<p><u>Click for Charity Walk page</u> OR visit http://www.charitywalkhawaii.org/ Although PATCH does not have a team we encourage you to walk. PATCH serves Lanai and Molokai islands via Maui County office.</p>
<p>May 12 + Hawaii Island</p>	<p><u>Click for PATCH Big Island team</u> OR visit https://app.mobilecause.com/vf/BigIslandCW/team/2_PATCH OR text BigIslandCW37 to 71777</p>
<p>May 12 + Kauai</p>	<p><u>Click for PATCH Kauai team</u> OR visit https://app.mobilecause.com/vf/KauaiCW/Root686986 OR text KauaiCW15 to 71777</p>
<p>May 12 + Maui</p>	<p><u>Click for PATCH Maui team</u> OR Visit https://app.mobilecause.com/vf/MauiCW/team/353%20PATCH OR text MauiCW89 to 71777</p>
<p>May 19 + Oahu</p>	<p><u>Click for PATCH Oahu team</u> OR https://app.mobilecause.com/vf/OahuCW/team/3_PATCH OR text Oahu CW26 to 71777</p>

RESOURCES

Early Childhood Community Resources

Local

Arbor/ResCare Child Care Connections is a federal subsidy program helping families pay for child care. Call their Honolulu, Oahu Office at 566-2600.

The Parent Line:

Oahu: 526-1222
Neighbor Islands:
1-800-816-1222.

Aloha United Way - 211:

Available Monday-Friday, 6am-9pm, it's fast, free and confidential. Call 211 now to GET or GIVE HELP.
Or visit www.auw.org/211/.

Online News

Daily Parent: Visit www.childcareaware.org/parents-and-guardians/newsletters/are-you-aware.

Healthline.com Asthma animation: A comprehensive overview of asthma as a critical starting point for individuals and/or their loved ones. Reviewed for medical accuracy by an M.D. visit: <http://www.healthline.com/asthma/anatomy-animations#1/airway-inflammation>

KidSource OnLine: www.kidsource.com

National

Child Care Aware: www.childcareaware.org

Born Learning: Visit www.bornlearning.org.

Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents: an interactive resource with activities, recipes, mealtime tips, guides and much more! Visit www.wellpoint.com/healthy_parenting/index.html.

PATCH Offices Statewide

PATCH Oahu

560 North Nimitz Highway
Suite 218
Honolulu Hawaii 96817
Phone: 808-839-1988

PATCH Kauai

4485 Pahe`e Street
Suite 124
Lihue Hawaii 96766
Phone: 808-246-0622

PATCH East Hawaii

26 Waianuenue Avenue
Hilo, Hawaii 96720
Phone: 808-961-3169

PATCH West Hawaii

79-7393 Mamalahoa Hwy
Unit 4a
Kealahakua, Hawaii 96750
Phone: 808-322-3500

PATCH Maui County

Puoune Plaza #C217
1063 Lower Main Street
Wailuku Hawaii 96793
Phone: 808-242-9232

Lanai & Molokai toll-free

Phone: 1-800-498-4145



Visit our website at
www.PatchHawaii.org

- Online child care referrals
- Early childhood development resources
- Child care subsidy information



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twitter.com/PATCH_Hawaii



[instagram.com/patch_hawaii](https://www.instagram.com/patch_hawaii)



[Linkedin.com/company/people-attentive-to-children](https://www.linkedin.com/company/people-attentive-to-children)

PATCH: SUPPORTING HAWAII'S CHILD CARE NEEDS SINCE 1976

Mahalo to the State Department of Human Services, Benefit, Employment and Support Services Division. PATCH is a local 501c(3) resource and referral agency created in 1976. Our mission is to support and improve the quality and availability of care for the young people of Hawaii. PATCH has not investigated the resources listed and makes no warranties, express or implied, regarding the nature and quality of goods or services rendered by said resource providers.

Giving Thanks to Recent Members & Donors

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MAHALO

*for partnering with PATCH
to help us make a better
future for Hawaii's keiki!*

PATCH eLearning Training

PATCH live webinars and self-paced two to three hour classes are a valuable alternative to our regular night classes. Take them in the convenience of your home to save on travel time, child care



PATCH ONLINE INFANT TODDLER CLASSES NOW MEET DEPARTMENT OF HUMAN SERVICES LICENSING REQUIREMENTS FOR STAFF OF INFANT TODDLER CENTERS.

Visit: <http://elearning.vitalect.com/patch> to register.



PATCH

Supporting Hawaii's Child Care Needs

560 N Nimitz Highway Suite 218
Honolulu, Hawaii 96817

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