

Ka Momona O Ka `Āina

The Bounty of the Land



Feed Keiki Across the State

Every summer, when the school doors close, a new challenge emerges for many families: ensuring their children have access to nutritious meals. This is where the Summer Food Service Program and Kaukau 4 Keiki steps in, providing a crucial lifeline for children who rely on school meals during the academic year. The two programs are USDA sponsored and designed to ensure that every child in our community has access to nutritious meals during the summer months when school is out. Our programs run throughout the summer, providing breakfast and lunch to children aged 18 and under, free of charge. Programs' mission is to support the health and well-being of our community's children by offering balanced and wholesome meals. Each meal is carefully planned to meet nutritional standards and includes a variety of fruits, vegetables, whole grains, and proteins. The proper nutrition is crucial for the growth and development of children.

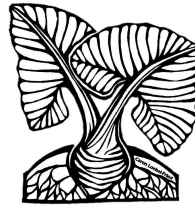


Kaukau 4 Keiki

Kaukau 4 Keiki boxes, filled with a week's worth of breakfast and lunch, have become a lifeline for many. In a community where food security can be a challenge, especially during the summer months. Volunteers and local organizations come together, packing fresh, nutritious foods into boxes. Each one contains not just sustenance, but a bit of relief and peace of mind for parents. As the boxes are distributed, the smiling faces are a testament to the program's impact. Parents express their gratitude, knowing their kids will have access to healthy meals without the added financial strain. The program fosters a sense of community, with everyone playing a part in ensuring that no child goes hungry.

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**Hawaii
Child
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Summer Food Service Program

The Summer Food Service Program provides breakfast and lunch to children aged 18 and under, free of charge. Breakfast offerings typically include wholesome choices like whole grain cereals, fresh fruit, yogurt, and milk, providing children with the energy and nutrients needed to start their day. Lunches feature hearty options such as turkey and cheese sandwiches, veggie-packed wraps, pasta, and an array of fresh fruits and vegetables. Children arrive at designated distribution points, where they are greeted with warmth and care. The program doesn't just fill stomachs; reinforcing a collective commitment to the well-being of its youngest members. Parents express deep gratitude, knowing their children won't go hungry during the summer months.



Buy Local, Eat Local, Stay Local





Paniolo Stew

Our Paniolo Stew is a combination of local raised cattle and produce. It features beef and fresh assorted garden vegetables.

Directions

1. Place cut kabocha and potato in separate pots and steam or simmer in water until fork tender with (CCP) internal temperature of 135 F/57 C or higher for 15 seconds.
2. Remove fork tender squash and potato from steamer or water and place in separate mixing bowls then mash until coarse texture. Reserve in the bowls on the side.
3. Heat skillet pan at medium heat with oil and cook ground beef 6 minutes then add onions and continue the cooking process until both are cooked thoroughly. Add choy sum and all other vegetables and cook ingredients until tender and (CCP) internal temperature is 155° F/68° C for 15 seconds.
4. Turn skillet pan heat down to low and add reserved mashed potatoes and squash then stir the mixture together with a wooden spoon until incorporated. Season to taste with salt and pepper.
5. Turn heat off and place mixture into serving dish.

Note: (CCP) stands for Critical Control Point.

Ingredients

1 tsp.	Canola oil
13.28 oz.	Beef (80/20) ground
5/8 c.	White onion, medium
2 1/8 c.	Choy sum/Bok choy
3/8 c.	Carrot, large
3/8 c.	Red bell pepper
1 c.	Mashed potatoes
1 3/4 c.	Kabocha squash
to taste	Salt and pepper

Farm to Summer

Farm to Summer Week, was held from July 1st to 5th. This special week was dedicated to promoting the use of locally sourced agricultural products and embracing sustainability. The program aimed to connect children with the origins of their food, emphasizing the importance of local farming and healthy eating. Each day of Farm to Summer Week featured a Team Nutrition recipe prepared with fresh, locally sourced ingredients. Lanakila Kitchen chefs collaborated to create nutritious and delicious meals, which were then served to students across the island. Alongside the meals, Team Nutrition recipes were distributed to families, encouraging them to replicate these healthy dishes at home. Through our Summer Feeding Programs and Farm to Summer Week, we aim to provide more than just meals. We strive to educate children about healthy eating habits, the importance of local agriculture, and the impact of their food choices on their health and the environment. By connecting children to the sources of their food, we hope to inspire a lifelong appreciation for nutritious, sustainable eating.

Kahumana Food Distribution

Written by JM



On June 19, we visited Kahumana Farms to help with their Kaukau 4 Keiki food distribution. The food boxes provided nutritious meals to keiki during the summer months, containing locally sourced fruits, vegetables, proteins, starches, and milk. We also spoke with Avary Maunakea, the Executive Director of Kahumana, about the organization's history and additional programs and services offered.

Kahumana is a non-profit organization established in 1974. It has grown to include five campuses on over 50 acres in the Lualualei Valley on the west side of O'ahu. With a balanced, holistic approach as their goal, Kahumana strives individually and as a team to consider the connections of mind, body, spirit, and community in health. This organization's mission is to co-create a healthy, inclusive, and productive farm-based community with homeless families, people with disabilities, and youth. Kahumana offers housing services for families who are homeless, a program for adults with developmental disabilities, and a summer feeding program for youth called 'Kaukau 4 Keiki.' In addition, they have a farm-to-table café and a certified organic farm.

The experience at Kahumana was unlike any other. While helping with the food distribution, we were able to meet with staff members as well as other volunteers. When the food distribution started, we were tasked with bringing the appropriate number of food boxes to each car. Working quickly to get through the line of cars was a fun experience. The positive energy throughout the afternoon was infectious; you could tell that these were people who genuinely cared about their work. They want to make a difference in their community and continue to expand to do so. It makes you want to support them even more! To learn more about Kahumana, you can visit their website at <https://www.kahumana.org/>.

Scan code to view all nine recipes



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