# Ka Momona O Ka ʻĀina

***The Bounty of the Land***

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## Kaukau 4 Keiki Delivers Summer Nutrition and Supports Local Farmers


Kaukau 4 Keiki, part of the USDA Summer Food Service Program, continues to make a meaningful impact across Hawaiʻi by ensuring that children have access to nutritious meals even when school is out. Under the supervision of the Hawaiʻi Child Nutrition Programs, this initiative plays a crucial role in bridging the summer meal gap for families in need.

The USDA works in close collaboration with state agencies to support children who receive free or reduced-price school meals during the academic year. When summer break begins, many families lose access to daily school-provided meals. That's when Kaukau 4 Keiki steps in. Eligible keiki 18 years old and younger, and youth with special needs under the age of 21 living in USDA designated rural areas, receive weekly meal boxes packed with 5 to 7 days worth of meals. Boxes are distributed once a week through a network of local sponsors and distribution sites. Each meal provided is reimbursed by the USDA, helping to sustain the program through the summer. Last summer, Kaukau 4 Keiki distributed approximately 42,227 meal boxes, a whopping 84,454 healthy meals served that reached keiki who would not have had access to meals during the summer break.

The State's agricultural community continues to benefit from the Sponsoring Organizations that participate in the distribution of Kaukau 4 Keiki as they prioritize sourcing locally grown produce to be included in the meal boxes. Apple bananas, Watermelon, Kalo, Sweet Potato, Romaine Lettuce and Sprouts were featured.

Mahalo to our Summer Food Service Program sponsors, partner organizations, staff, and the many volunteers who make this vital work possible. Kaukau 4 Keiki is more than just a meal program, it's a community effort rooted in lokahi (unity), hanai i ka ai (nourish or feed), and aloha.

## Sustainable Molokai: Supporting Local Farmers and Feeding the Community

Sustainable Molokai, the newest and most impactful sponsor, is making waves in the local food movement by distributing 600 meal boxes every week across 3 community sites! This vital effort not only provides fresh food to Molokai families but also strengthens the island's economy by sourcing fresh produce directly from local farmers.

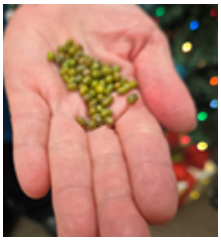
With the high cost of shipping goods to Molokai, Sustainable Molokai is taking a practical and community-driven approach by prioritizing local produce and keeping dollars on the island. By working closely with farmers, they're building a sustainable supply chain that benefits everyone involved—from the growers to the families receiving the food. Currently, one of the featured farms supplies sweet, locally-grown mangoes.

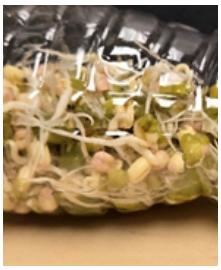
Sustainable Molokai is also expanding its partnerships, working with a taro farm and a lettuce grower to include even more island-grown items in future boxes. Through these efforts, Sustainable Molokai is doing more than distributing food—they're nurturing food sovereignty, supporting the local agricultural economy, and building a stronger, more self-reliant Molokai.

**Buy Local, Eat Local, Stay Local**

## How to Grow Mung Beans Sprouts at Home

You can grow your very own yummy mung bean sprouts at home! Just follow these easy steps. What You'll Need: A clean 16 oz water bottle, 1 tablespoon of mung beans, clean water, A paper towel, A rubber band, and Scissors





**Let's Get Started!**

1. **Wash Your Bottle:** Make sure your water bottle is super clean before you begin!
2. **Add the Beans:** Put 1 tablespoon of mung beans into the bottle.
3. **Rinse the Beans:** Pour in water, shake the bottle gently, then pour the water out. Do this 3 or 4 times to get the beans nice and clean.
4. **Soak the Beans:** Fill the bottle with clean water, cap the bottle, and let the beans soak overnight at least 8 to 12 hours.
5. **Drain the Water:** After soaking, pour the water out carefully. You can use a strainer or pour it out slowly from the top.
6. **Rinse Again:** Fill the bottle with water again and pour it out to rinse the beans one more time.
7. **Cover the Bottle:** Put a paper towel over the bottle opening and hold it in place with a rubber band.
8. **Store in a Dark Place:** Keep your bottle in a cool, dark spot (like a cupboard), away from sunlight.
9. **Rinse Once a Day:** Every day, rinse and drain the beans just like before. After about 3 days, you'll see little white sprouts growing! The mung beans green seed coat will fall off and float when the bottle is filled with water. You can choose to keep and eat or throw away the green seed coats.
10. **Ready to Harvest:** By day 4, the sprouts should be long and ready to eat! Ask an adult to cut open the bottle with scissors to remove bean sprouts.
11. **Dry and Store:** Place the sprouts on a paper towel to dry, then store them in a plastic bag lined with paper towel. Keep them in the fridge—they'll stay fresh for up to 2 weeks!

## Easy Bean Sprouts Side Dish (Microwave Recipe!)

Let's make a yummy and healthy side dish in just a few minutes using the microwave! What You'll Need: Bean sprouts, A microwave-safe bowl, Plastic wrap, A big bowl of ice and water (ice bath) Your favorite seasonings (like soy sauce, salt, sesame oil, garlic, or red pepper powder)

1. Wash the bean sprouts: Give them a good rinse under cold water to make sure they're clean.
2. Put them in a microwave-safe bowl: Use a bowl that's safe to use in the microwave. Cover it loosely with plastic wrap (don't seal it tight!).
3. Microwave for 2 minutes: Heat the bean sprouts in the microwave for 2 minutes. Tip: If you're cooking a lot of sprouts, you might need a little more time.
4. Cool them down: Carefully take the bowl out (ask an adult - it's hot!). Put the bean sprouts in a bowl of ice water (ice bath) to cool them quickly. Take them out of the ice water and squeeze out extra water.
5. Add flavor and enjoy! Now season them however you like! Try a little soy sauce, sesame oil, salt, or other toppings.
6. Great job! You've grown your own mung bean sprouts—so healthy and fun to snack on or add to meals!