



KO‘U KAIĀULU



Financial Literacy Pt. 4 Saving Goals

After adjusting to your new budget, set specific saving goals, as they can be more motivating than saving with no purpose.

Here are some tips:

Identify goals. Be specific, like a vacation, home down payment, or emergency fund.

Categorize by time frame. Separate short-term (1-3 years) goals from long-term (5+ years) ones.

Use a financial goals worksheet. Map out your plan [here](#).

These strategies help you and your keiki build a strong financial foundation.

Poi Mochi

A Recipe from Hawai'i Food Help

So 'ono! Enjoy this delicious mochi made with a poi base. Its crispy golden brown shell and sweet gummy center makes for great pupus (appetizers) or dessert.

This recipe was developed in collaboration with keepingitrelle.com.

Ingredients:

- cooking oil of your choice
- (1) 1 pound bag of poi ✓
- 2 cups water
- 3 1/2 cups mochiko flour
- 1 1/2 cups granulated sugar

Instructions:

- Heat cooking oil of choice over medium high heat to about 350-375F.
- Meanwhile, combine poi, water, mochiko flour, and sugar. Mix until well combined. Dough will resemble that of thick muffin batter.
- Using a small cookie scoop, place about 1 Tbsp of dough into the hot oil. Fry for 10-12 minutes or until golden brown, turning halfway through the cooking time.
- Remove poi mochi from hot oil and place on a paper towel to catch the excess oil.

Warning!

Mochi may pose as a choking hazard for young children due to its sticky, chewy texture. Cut mochi into very small, bite-sized pieces before eating.

Find the complete recipe here:

<https://www.hawaiifoodhelp.com/poi-mochi>



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Source: Thejouneyathome.com

Home Organization Implementing Zones

Creating special “zones” in your home keeps things organized and teaches keiki where to put things. Here are a few tips:

List Your Zones. Think about the activities your ‘ohana enjoys, such as reading, playing, or crafting.

Envision Your Zone. Consider how you want to arrange each area to make it function best. For example, add cozy throw pillows to your reading spot for extra comfort.

Gather Items. Look around your home for items you can use, or visit a thrift store for fun finds to help set up your zones.

Involve the ‘Ohana. Share your ideas with everyone to get them excited about the changes. Working together will make the process more enjoyable!

For Small Spaces: Create “Busy Bins” instead of designated zones, such as a bin for crafts, one for reading, or a toy bin.

Self-Care Aloha Moments for Dad

Self-care for fathers helps prevent burnout and enhances overall well-being. When fathers have aloha moments for themselves, they are more present, patient, and engaged. Here are some ideas to help you get started on your wellness journey, even with keiki in tow:

Live Sporting Events. Watching live sports offers fun bonding experiences away from the screen.

Paddling. Joining a paddling club fosters a connection to the ocean and kūpuna.

Hiking. Exploring the outdoors is a distraction-free environment to find peace.

Car Shows. Checking out your local car show is a great way to foster an interest that can last a lifetime.



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