

Roasted Apples & Winter Squash

- 3 apples
- 1 pound winter squash
- 1 teaspoon lemon juice
- 2 Tablespoon cooking oil
- 1/2 teaspoon salt

1. Preheat oven to 400 degrees; lightly grease a baking sheet.
2. Peel squash & remove the seeds. Cut into 1 inch chunks.
3. In a bowl, drizzle oil over squash and mix to spread oil evenly. Pour onto baking sheet combining the apples with the squash.
4. Bake for 60 minutes, stirring every 20 minutes. Squash is done when a fork can be easily inserted into it. Serve.

Adapted from Celebrating a Healthy Harvest 2

Just a Reminder. . .

If your baby is on formula, it is very important to mix your baby's formula according to the package directions. If you have any questions about this, feel free to ask us or talk to your Pediatrician.



Going Green

If you haven't received one yet, we are handing out reusable shopping bags at the Eastern Idaho Public Health Department WIC offices. We hope you will use these when shopping for your WIC foods to decrease the amount of plastic or paper grocery bags and to help us spread the word about WIC services. Thanks!



JANUARY / FEBRUARY 2009

WIC Newsletter



WIC IS AN EQUAL OPPORTUNITY PROGRAM. IF YOU HAVE BEEN DISCRIMINATED AGAINST DUE TO RACE, NATIONALITY, SEX OR HANDICAP, WRITE IMMEDIATELY TO SECRETARY OF AGRICULTURE.

Introducing Fresh Choices: Fruits & Vegetables

We are very excited to start introducing information about the upcoming changes to our WIC food packages.

The changes will go into effect October 1, 2009. Over the next several months, we will be highlighting some of these changes.

The topic for January and February will be FRESH CHOICES: FRUITS AND VEGETABLES.

Starting in October 2009, the food packages will contain vouchers for fresh fruits and vegetables. Each food package will have a specific dollar amount that can be spent on fresh fruits and vegetables.

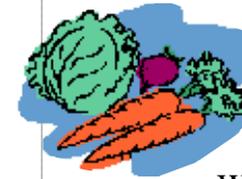
Why Fresh Fruits & Vegetables?



Fruits and vegetables provide a wide range of nutrients that are important for good health. One of the goals of the WIC program is to help improve the health and nutritional status of our clients. The addition of fresh fruits and vegetables will help us achieve that goal.

The nutrients in fruits and vegetables, including vitamins, minerals, antioxidants and fiber, help fight off certain diseases. A balanced diet that includes fruits and vegetables can help prevent obesity, heart disease, type 2 diabetes and certain cancers.

Food Package Specifics



The Idaho WIC food package vouchers will only allow FRESH fruits and vegetables. Canned or frozen fruits and vegetables will not be allowed as purchases with WIC vouchers.

The addition of fresh fruits and vegetables will mean that the amount of juice received will decrease for women and children.

Containers of baby food fruits and vegetables will replace baby juice for all infants between 6-12 months of age.

