

LOW-FAT MILK SMOOTHIES

FRUIT SMOOTHIE

1 banana, peeled and sliced
2 cups frozen berries (strawberries,
raspberries, blueberries or blackberries)
2 cups low fat milk
1/2 cup orange juice

Place all ingredients in a blender.
Cover tightly. Blend until smooth.
*If mixture is too thick, add 1/2 cup
cold water or additional low fat
milk and blend.* Pour mixture into
4 glasses &
enjoy!



BREAKFAST SMOOTHIE

1 banana, peeled and sliced
1/4 cup peanut butter
1 1/2 cups low fat milk

Place all ingredients in a blender.
Cover tightly. Blend until smooth.
Pour into 2 glasses & enjoy!

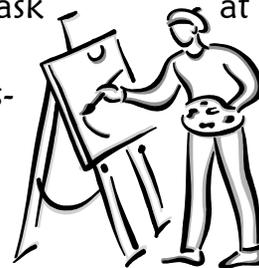
BREASTFEEDING ART CONTEST

We would like to invite you to participate in a breastfeeding art contest sponsored by WIC and the BEST council.

Theme: *“Breastfeeding: Prepared for Life.”* You can choose your favorite medium, whether its pen & ink, charcoal, water color oils, etc. We will be judging on originality, appropriateness for public use and clever use of theme.

CASH PRIZES for 1st (\$100), 2nd (\$50) and 3rd (\$25) place to be awarded August 7 at the picnic in the park. Posters will be displayed in the community.

If interested, you can ask at the WIC office for a guideline sheet & registration form or call Angy Cook at 533-3247.



Clients come into WIC for several different types of appointments. If you notice people being called back before you, it may be because they are being seen for a different type of appointment. If you have concerns with your wait time, please ask at the front desk and they can assist you. Thanks

March/April 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

Fresh Choices: Low Fat Milk

In this issue of our newsletter, we will continue introducing information about the upcoming changes to our WIC food packages. The changes will go into effect October 1, 2009.

The topic for March and April is FRESH CHOICES: LOW FAT MILK.

In order to promote healthy food choices, WIC checks for all participants over the age of 2 years will be limited to 2%, 1% or fat free milk. Whole milk will still be allowed for children ages 12-23 months.

What about Nutrition??

There are many nutrients that will be the same no matter

what type of milk you are drinking.

These include: calcium, protein, minerals and vitamins.

So what's the difference?? **Fat and calories!!** Here is a breakdown of the fat and calories for an 8 oz glass of milk:

	Calories	Grams of Fat	Grams of Saturated Fat
Whole Milk	150	8	5
2% Milk	120	5	3
1% Milk	100	2	2
Fat Free Milk	80	0	0

As you can see from this graph, you can cut a lot of fat and calories by changing the type of milk you drink. Most of the fat that is cut is saturated fat that can contribute to heart disease.

If you drink 3 cups of milk per day & change from whole milk to 1% milk, you would save 150 calories and 12 grams of fat every day!!

MOOVE to Low Fat Milk

Changing to a lower fat milk can be difficult for some people, so take it one step at a time.

*Drinking whole milk?

Change to drinking 2% milk

*Drinking 2% milk? Try changing to 1% or fat free milk.

* Can't stand the change? Try mixing the milk you are currently drinking

with the next lower fat milk



If you or your child needs to gain weight, ask to talk to one of our Registered Dietitians about how to increase calories to promote weight gain.