

Snack Stations

The holiday season generally comes loaded with sweets and treats. It is important to balance these treats with healthy foods. Teach your kids to enjoy small amounts of treats instead of over-indulging. Having healthy snacks on hand is important and snack stations can make this easier. Once a week or each morning if you prefer, create two snack stations, one of for the refrigerator and one for the pantry. Here are some ideas for each:



In the refrigerator:
String cheese, yogurt, cut up veggies, hummus, grapes



In the pantry:
Nuts, peanut butter, pre-portioned cereal bags, dried fruit or fruit leathers, graham crackers.

If you have more than one child, you could label each child's snacks with his/her name or different colors. Because the foods are portioned out, it is also a good way to teach your child portion control.

Infant Toddler Screening Clinics

The Idaho Infant Toddler Program is conducting FREE developmental screenings clinics for children birth through age 2 (under the age of 3). Children are screened for vision, coordination, self-help, social skills, learning, hearing and speech/language.

The final screening in 2011 is November 14 from 11 am to 3 pm.

Screenings are held at the Child Development Center at 2475 Leslie Avenue in Idaho Falls. Call 227-1282 for an appointment.

Computer Changes Coming...

The Idaho WIC program will be switching over to a new computer system; however, the launch date has been moved to February 1, 2012. Thank you!

Contact Information

If your address or phone number changes, please let us know as soon as possible. Occasionally, we may need to contact you to re-schedule an appointment or with other information. Thank you!

Office Closures

November 11	Veteran's Day
November 24	Thanksgiving Day
December 26	Christmas, <i>observed</i>
January 2	New Year's, <i>observed</i>

Merry Christmas & Happy New Year!

WIC Newsletter

November/ December 2011



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Food Safety



Food safety is a very important issue but one that many people don't think about until there are wide spread food recalls across the country. Fresh spinach, cantaloupe, ground turkey and eggs are just a few examples that have made headlines in the past few years. Contaminated food can cause illness or even death in more severe cases.

To decrease your family's risk to food born illnesses, it is important to never eat food that has been recalled and to follow food safety rules.

When eating at home or eating out:

- Don't eat raw or undercooked meat, poultry, or seafood
- Avoid foods with raw or undercooked eggs
- Don't eat unpasteurized dairy products like imported soft cheeses or raw milk.

Other tips to help keep your family safe at home are:

- Use meat, poultry and fish within a day or two or freeze it.

- Take foods that require refrigeration/freezing straight home from the store
- Cook meat, fish and poultry all the way through.
- Soups and casseroles should "bubble" to be sure they are hot enough
- Don't eat raw cookie dough that contains raw egg
- Protect your baby's breastmilk, formula and baby food. Always wash your hands thoroughly before handling milk or food you will serve to your baby. Don't reheat milk or food for another meal that has already been used once.
- Don't thaw foods on the counter—bacteria grows quickly at room temperature. Instead, thaw food in the refrigerator the night before or in the microwave just before cooking
- Keep your work areas clean—wash hands, utensils and cutting boards in hot, soapy water before preparing food and after handling raw meat, poultry or fish.

- Never leave food at room temperature more than 2 hours—refrigerate leftovers right after the meal. Divide food into small containers for quick cooling in the refrigerator. When reheating leftovers, be sure they are steaming hot.
- Wash all raw fruits and vegetables before eating (even when the package says its already been washed). Even if you are cutting the rind off or peeling the produce, it should be washed first.

Pregnant women, infants, the elderly and people with immunosuppressive conditions are especially at risk for food born illness and should:

- Avoid soft, unpasteurized cheese such as Mexican style (Queso Blanco and Queso Fresco), feta, Brie, Camembert and blue cheeses.
- Thoroughly heat leftover foods or ready-to-eat foods such as deli meats and hot dogs