

Mango Tango Rice Salad

Salad

3 cups cooked brown rice
 1 1/2 cups cooked black beans
 (or 1 can drained & rinsed)
 1 mango, chopped
 1/3 cup chopped fresh cilantro
 1/2 teaspoon salt
 Orange vinaigrette dressing

Orange Vinaigrette Dressing

2 tablespoons orange juice
 2 tablespoons lemon juice
 2 tablespoons oil
 Salt & pepper to taste
 Measure all ingredients in a
 small bowl and whisk together.
 Set aside until salad is ready.

Preparation

In a large bowl, combine rice,
 beans, mango, cilantro and salt.
 Add vinaigrette; toss well.

Adapted from usarice.com

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.

Upcoming screenings are scheduled for September 12, October 17 and November 14. All clinics are 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...

In November the Idaho WIC program will be switching over to a new computer system. Our district has been selected to pilot the system starting in August. Please be patient with us as our staff learns to use the new system. Thank you!

Office Closures

September 5	Labor Day
October 10	Columbus Day
November 11	Veteran's Day
November 24	Thanksgiving Day

September/ October 2011



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Food Package Changes

New Whole Grain Options

Starting October 1, there will be new foods on the food lists. The two biggest changes will be the addition of brown rice and whole wheat tortillas as alternatives to the whole wheat bread and corn tortillas.

Whole wheat tortillas and brown rice are considered whole grains. Whole grain foods contain all the essential parts and naturally occurring nutrients of the entire grain seed.

The option for whole wheat tortillas and brown rice will be available on checks for our clients age 1-4 years (until the 5th birthday) and those who are pregnant or breast feeding.



Health Benefits of Whole Grains

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases such as stroke, type 2 diabetes and heart disease. It is also important for better weight maintenance.

Studies also indicate health benefits for asthma, certain cancers and blood pressure control.

The 2010 Dietary Guidelines for Americans recommends that half of your grain servings come from whole grains.

Brown Rice

When you choose brown rice, you get great taste and nutrition. Brown rice is naturally low in calories with only a trace amount of fat and no trans or saturated fats. It is also gluten-free and the least allergenic of all grains (meaning it is least likely to cause allergic reactions).

Brown rice can be used in place of white rice in most recipes. Brown rice requires more liquid and a longer cooking time. For each cup of uncooked brown rice, you will need 2-2.5 cups of liquid and it takes 40-45 minutes to cook.

Whole Wheat Tortillas

Whole wheat tortillas can be used in place of flour tortillas to make quesadillas, burritos, wraps and more.

Cooking Classes

Our cooking classes in September and October will feature a brown rice recipe. If you are interested, we would love to have you join us—call 522-3823 to schedule.

September 13 10:30 or 1:30
(Spanish class at 3:00)

October 25 10:30 or 1:30
(Spanish class at 3:00)