

## BAKED OATMEAL

3 cups old-fashioned oatmeal (rolled oats)

½ cup brown sugar

2 teaspoons ground cinnamon

2 teaspoons baking powder

1 teaspoon salt

1 cup milk

2 eggs

½ cup melted butter or substitute with applesauce

2 teaspoons vanilla extract

¾ cup dried cranberries (or other dried fruit)

Preheat oven to 350°. Grease a 9x13 baking dish.

In a large bowl, mix together oatmeal, brown sugar, cinnamon, baking powder and salt. Beat in milk, eggs, butter/applesauce and vanilla. Stir in dried cranberries. Spread into prepared baking dish.

Bake in preheated oven for 40 minutes.

*Adapted from [www.allrecipes.com](http://www.allrecipes.com)*

This is a great recipe to enjoy on Thanksgiving or Christmas morning to get your day started off in a healthy way!

## RETURNED WIC CLIENT CHECKS

WIC checks or cash value vouchers are returned to our state WIC office to verify all information is correct. If a check is returned to the store because of:

- Missing or mismatched signatures
- Incorrect dollar amounts
- Used outside of dates on checks
- Or shopping at the wrong store,

The store may receive a penalty from the state WIC office. We appreciate when you do your part to make sure these problems don't happen. The stores appreciate it as well!

If you have questions about your participation in WIC or your rights and responsibilities, please give us a call.

### Office Closures

November 12	Veteran's Day
November 22	Thanksgiving Day
December 25	Christmas
January 1	New Year's
January 25	Human Right's Day

*Merry Christmas & Happy New Year!*

## WIC NEWSLETTER

November/December  
2012



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## Healthy Holidays

The holiday season is here! It is a special time of year, but it can be a hard time to stay healthy. Here are some ideas for keeping your family healthy during the holidays.

### Healthy Eating

**Start the day out right!** Begin each day with a good breakfast. This will help give you energy for all the holiday activities and will help you control the amount of holiday treats you eat later in the day. Fill up on quality fuel such as whole grain breads or cereals, yogurt, cheese, eggs and peanut butter.

**Keep healthy food in the house.** It is hard to eat healthy when the healthy foods are not available. Limit the amount of holiday cookies and candies you and your children eat. Instead keep healthy snacks available such as fresh fruits and baby carrots.

**Savor your holiday treats** one at a time and teach your children to do the same. Smaller amounts can be just as satisfying if you eat them slowly and enjoy each bite. Also remember that the holiday season is long—there will be plenty of opportunities to eat all of your favorite foods, so don't eat them all in one day!

**Many recipes can be made with less sugar** – try reducing the sugar slightly and adding a pinch more of the spices or sweeten with applesauce.

**Try to choose lower sugar treats** instead of the higher sugar ones most of the time: gingerbread instead of sugar cookies, fruit yogurt instead of ice cream, oatmeal cookies or muffins made with applesauce, angel food cake topped with fruit and cool whip instead of other cakes.

On days you know there will be a big holiday meal, make sure you and your children **eat regularly all day long** so you will not be as tempted to go overboard. A bowl of soup with a clear broth a few hours before the big meal can help you control your portion sizes.

**Stay hydrated!** Try to get 6-8 cups of fluid per day. Water is the best choice for staying hydrated. Cider or herbal teas are also good, but be aware of beverages that contain a lot of sugar (including juice, soda and punch).

**Eat without distractions.** Holidays are a time to be with family, so sit down together for meals without television, reading materials or other distractions.

**Limit screen time to no more than 1 hour per day.** This includes video games, television, & computers.

### Stay Active

Here are some ideas for activities this holiday season:

**Organize activities.** Get everyone together – the hyper kids and the sleepy adults! – before or after holiday meals for some fresh air and exercise.

**Play** touch football, kickball, hide 'n' seek or shoot hoops.

**Turn shopping trips into exercise.**

Walk to the store if the weather is nice. If you drive, park farther from the door. **Take a walk** around the parking lot before going into the store or if it's too cold out, walk around the inside perimeter of the store before picking up your purchases.

When it snows, **go sledding or build a snowman** with your kids.

Have fun this holiday season and keep your family healthy. This can be a stressful time of year so remember to take some time each day to relax – this is important for you and also a good habit to teach your kids!

