

## Vegetable Dippers

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Cooking spray  
1 medium potato, peeled & grated  
1/2 onion, diced  
2 medium carrots, grated  
1 cup broccoli, grated  
1 cup cauliflower, finely chopped  
1 cup spinach, finely chopped  
1 tsp bouillon powder (chicken or vegetable)  
2 eggs, beaten  
1/2 cup flour

Preheat oven to 375°. Coat a baking sheet with cooking spray and set aside. In a large bowl, combine potatoes, onions, carrots, broccoli, cauliflower and spinach. Mix in bouillon, egg and flour. Spoon mixture into hands and form individual patties. Add additional egg and flour if vegetables are not binding together to form patties. Place on baking sheet and bake for 15 minutes on each side (30 minutes total). Serve warm.

Delicious dipped in low-fat ranch dressing, ketchup or salsa.

*Adapted from Let's Cook with Fruits & Vegetables, 2005*

## Transportation Services

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The Targhee Regional Public Transportation Authority (TRPTA) now has a scheduled stop at Eastern Idaho Public Health District in Idaho Falls. This stop is on the Yellow Route.

There are multiple stops at this site Monday—Friday. If you need transportation to/from your WIC appointments, this may be an option for you. The cost is \$1.75/ride (children 5 years and under are free). For more information, call 529-1489 or visit [www.trpta.org](http://www.trpta.org).

## WIC Program Rights & Responsibilities

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On several occasions, it is brought to our attention that clients are selling food that was purchased with WIC checks. The most commonly sold items are baby food and baby formula. We would like to take this opportunity to review rights & responsibilities that the responsible adult agrees to when they sign the rights & responsibilities form. When signing this form, you agree that **“I will not return WIC foods to the grocery store for money, credit, or other items. I will not see, trade, or give away WIC checks/CVV or WIC foods.”** We would like to make all our participants aware that selling any items purchased with WIC checks is federal fraud. The potential consequences that you have agreed to on the rights and responsibilities form are **“I or my child can be taken off WIC, I will have to pay money back to WIC for foods or formula I should not have received, I can face civil or criminal prosecution under state law.”**

Please help us keep this program at a high standard of integrity—only purchase items from your checks/CVV that will be used by the participant that the check was assigned to. Do not sell, trade or give away anything purchased with WIC checks.

## Office Closures

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March 29—Staff Meeting

May 7-9—WIC staff in Boise

## WIC NEWSLETTER

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March/April  
2013

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# March is National Nutrition Month®

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For National Nutrition Month® this year, we are giving you some numbers to live by. Learning ZoneXpress gives the slogan: **LIVE 54321+8 numbers to live by.** They give these recommendations for healthy living every day:

## 5 servings of fruits & vegetables

Fruits & vegetables are rich in vitamins, minerals and fiber. Eating plenty of them each day can reduce your risk of cancer, heart disease, and stroke.

How many fruits & veggies do you need?

Age	Cups of Fruit * (daily)	Cups of Veggies *(daily)
2 year olds	1	1
3 year olds	1 - 1.5	1.5
4 & 5 year olds	1 - 1.5	1.5 - 2
Woman	2	2.5

\*these are average recommendations, may vary based on individual

## 4 glasses of water (16 oz each)



Drinking plenty of water each day helps keep you healthy and hydrated. Water regulates body

temperature, carries nutrients, removes waste, and cushions joints, organs, and tissues.

- Avoid sugar sweetened beverages such as juice drinks, sodas, koolaid and sports drinks
- The American Academy of Pediatrics recommends limiting 100% fruit juice to no more than 4-6 oz/day for children 1-6 years of age)

## 3 good laughs

Laughing promotes the release of endorphins (natural hormones) in your brain, helping you feel better and have a positive attitude.



## < 2 hours or less of screen time

Spend 2 hours or less each day in front of the TV (TV, movies, video games) or computer.

## 1 hour physical activity

Get moving! Be physically active at least 1 hour each day—walk, bike, swim, dance, run....choose activities that you like and that fit your lifestyle.

## + 8 hours or more of sleep

Re-energize your body with 8 or more hours of sleep.

Sources:

American Academy of Pediatrics [www.aap.org](http://www.aap.org)

Learning ZoneXpress "LIVE 54321+8 materials"

USDA MyPlate [www.choosemyplate.gov](http://www.choosemyplate.gov)

## Tips for Increasing your Fruit & Veggie Intake

- Buy a variety – fresh, frozen, canned and dried. Keep plenty on hand so you won't run out. Use varieties of fruits and vegetables that spoil easily (peaches, asparagus) first. Save the harder varieties (apples, acorn squash) or the frozen and canned types for later on.
- At breakfast, use fruit to top your pancakes and waffles instead of syrup or jam. You can also add fruit to yogurt or cereal.
- Keep washed, pre-cut veggies on hand for quick snacks. Keep a fruit bowl, small packs of applesauce, raisins & other dried fruit on the kitchen counter/table, or at the office.
- Add fruits and vegetables to dinner by microwaving or steaming vegetables. Choose fruit for dessert. For a special dessert, try a fruit parfait with low fat yogurt or sherbet topped with berries.
- Add vegetables to soups, salads, stew, egg dishes and side dishes. Chop, dice or shred fruits or vegetables into muffins, stew, lasagna, meatloaf and casseroles.
- Increase portions when you serve vegetables and fruits. Season them with herbs, spices, or lemon juice. If sauce or dip is used, choose low- or nonfat versions.



- Make a fruit smoothie. You can also freeze fruits such as grapes and bananas and enjoy as a cold treat.