

CHICKEN VEGETABLE SOUP

- 4 cups chicken broth
- 2 (3 ounce) boneless, skinless chicken breasts, cubed
- 3 celery stalks, chopped
- ½ onion, chopped
- 2 carrots, chopped
- 2 potatoes, chopped
- 1 zucchini or summer squash, chopped
- 10 green beans, chopped into 1 inch pieces
- 1 teaspoon minced garlic or ¼ teaspoon garlic powder
- 1 tomato, chopped
- 2 teaspoons dried parsley
- 1 teaspoon dried basil
- 1 bay leaf
- Pinch of red pepper flakes, *optional*
- Salt and pepper, to taste

Add all of the ingredients to a large saucepan. Bring to a boil, then reduce heat and simmer until chicken is cooked through (approximately 30 minutes).

Adapted from "Let's Cook with Fruits & Vegetables" By Northeast Valley Health Corporation WIC Program.

UPCOMING CHANGES FOR WIC PARTICIPANTS

The length of certification is changing for children. This change is being made in order to make it easier for participants by only having to bring required documents once a year, giving more time to discuss participants' nutrition and health concerns or interests. This change means:

- Children will have a longer time between applications (12 months instead of 6)
- Required documents (income, identification, residency) will only be asked for every 12 months.
- Participants who apply for the WIC program every year will have an appointment in the middle of the year that is called a "health screen." This appointment will be for infants, children and breastfeeding women.

This change will be effective starting January 5, 2015. You will see the change at your child's next certification.

Prize Drawings

All WIC children who are up to date on their immunizations per The Advisory Committee on Immunization Practice (ACIP) guidelines are eligible to be put in for a monthly drawing. Each month during 2015, 5 - \$100.00 Wal-Mart gift cards will be given away to up-to-date WIC children who have been entered into the drawing. Don't forget to bring your immunization record to every visit. Give your records to our staff so they can make a copy and put you in for the drawing.

Office Closures

January 1	New Year's Day
January 19	Martin Luther King, Jr Day
February 16	President's Day
February 26	Staff Meeting



WIC Newsletter

JANUARY / FEBRUARY 2015



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GIVE YOUR CHILD A HEALTHY SMILE



Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health.

Baby teeth are important for your child's healthy smile and good overall health depends on good dental health.

Baby bottle tooth decay (Early Childhood Caries) can be painful and dangerous.

Plaque is a soft, sticky layer of germs that forms on teeth everyday. When plaque is left on teeth, many foods & beverages can cause decay to begin. Germs in plaque use sugars and starches in food to make acid. This acid causes teeth to decay. Cavities can get worse very fast.

Early Childhood Caries usually starts as chalky white spots on the upper front teeth near the gums. If left untreated, these spots can become cavities in a very short time—within 30 days. If the child does not see a dentist soon, the cavities can get larger and could become painful.

The good news is, Early Childhood Caries can be prevented. From pregnancy through childhood, you can start now to give your child a healthy smile.

Pregnancy:

- Have a dental checkup before your baby is born

- Keep your mouth healthy and clean to prevent the spread of cavity-causing germs. If you have tooth decay in your mouth, you can pass the germs to your baby after birth.

Babies:

- At birth, begin to wipe your baby's gums at least once a day with a clean soft bath cloth. As your baby's teeth come in, keep cleaning the gums and teeth with a bath cloth or use a soft baby toothbrush.
- Be sure to give only breast milk, formula or water in the bottle.
- NEVER put juice, soda or other sweet drinks in your baby's bottle. Soda and sweet drinks should never be given to babies.
- Hold your baby when feeding with a bottle. Do not let your baby sleep with a bottle or breast in his/her mouth.
- If your baby takes a pacifier, do not dip it in anything sweet like sugar or honey.
- Start a cup or sippy cup at about 6 months of age.
- Wean your baby from the bottle by 14



months of age.

Children:

- Plan your child's first dental visit at about 1 year of age. Go every 6 months after that, or as recommended by your dentist.
- Brush your child's teeth twice daily with a pea sized drop of fluoride toothpaste.
- Children need 3 meals and 2-3 snacks daily to meet their needs. If you let your child snack all day long, he/she will be at risk for cavities. 2-3 healthy snacks per day are enough.
- Sweets are okay once in a while, but give them with a meal as dessert, not as a snack between meals.
- Limit juice to 4-6 ounces per day and only give with meals. Avoid other sweetened beverages.

Adapted from Alabama Department of Public Health "Something to Smile About"

Eastern Idaho Public Health offers free dental sealants and varnish for children. For more information and dates/locations, contact Elyse at 533-3192

