

Healthy Snack Recipes

Peanut Butter Banana Quesadilla

- 1 whole wheat tortilla*
- 2 tablespoons Peanut Butter*
- ½ banana, sliced*
- 2 teaspoons chocolate chips, optional

Heat a fry pan over medium-high heat. Spread peanut butter over half of the tortilla and top with sliced banana. Sprinkle with chocolate chips, if desired. Fold tortilla in half and gently place in warmed fry pan. Grill each side until lightly brown.

Kid-friendly Trail Mix

- ½ cup Multigrain cheerios*
- ¼ dried cranberries
- ¼ dried raisins
- ½ pretzel sticks
- ½ cup nuts (almonds, peanuts, etc)
- ½ whole grain fish crackers

Mix together in a bowl and serve. Makes five ½ cup servings.

Yogurt Parfaits

- ½ cup low fat vanilla yogurt
- ½ cup fruit (berries, bananas, mango, etc)*
- ¼ cup WIC cereal*

Layer in a cup or small bowl and serve.

**Foods available on WIC checks or cash value vouchers*

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.

These changes were effective as of 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

May 14—Staff Meeting



WIC Newsletter

**MARCH /
APRIL
2015**



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MARCH IS NATIONAL NUTRITION MONTH®

This year, the Academy of Nutrition and Dietetics' theme for National Nutrition Month® is "Bite Into a Healthy Lifestyle." Snacking can be an important part of a person's eating plan. Snacks provide an opportunity to include more fruits, vegetables, whole-grains and low-fat dairy. However choosing snacks that are less healthy, can mean unneeded calories, sugar, sodium and fat.

Children are still growing and may need to eat more often, but snacks can be good for both children and adults. Healthy snacks can provide an energy boost and satisfy hunger between meals.

The Academy of Nutrition and Dietetics offers these tips for choosing healthy snacks:

- **Plan your snacks.** Be sure you have healthy snacks on your grocery list. Try to keep healthy options on hand and limit unhealthy snacks in the house.
- **Make snack calories count.** Snack on foods that you aren't getting enough of in your meals. This will be different foods for different people—fruits and vegetables are good choices because most of us don't get enough of these. For those who aren't milk drinkers, you could include low-fat

dairy foods. For young children who don't eat a lot of meat, it could mean including healthy protein snacks. Evaluate your family's diet and focus on the food groups you are not getting enough of.

- **Go easy on high-calorie, low-nutrient snacks such as chips, candy and soft drinks** (soda/pop, Gatorade, Capri sun, or other sugar containing beverages). Even if you or your child need more calories, these choices will not add necessary nutrients to your diet. If you or your child needs additional calories to help maintain or achieve a healthy weight, ask to talk to one of our Registered Dietitians about some healthier options.
- **Only snack when you're hungry—not when you are bored or stressed or feeling any other emotion that may be a trigger.** Try to find other ways of dealing with your emotions. Also watch for these eating patterns in your children and try to give them other activities to do instead of allowing their eating to be emotion-driven.
- **Watch your portion sizes**—take a portion out of a larger box or bag, rather than eating directly from the container. It is very easy to overeat when eating di-

rectly from the container.

- **Stay hydrated!** Sometimes our bodies mistake thirst for hunger. Staying well hydrated can help stop those false feelings of hunger. Water is your best option! Other healthy options include low-fat milk and 100% fruit juice (limit to 4-6 oz/day).

Making the right snacking choices is a necessary part of "biting into a healthy lifestyle!"

Adapted from www.eatrightpro.org

Snack Ideas

- WIC cereal
- Whole grain crackers
- Graham crackers
- Veggie sticks—thinly sliced carrot, zucchini, bell pepper, celery
- Fruit—fresh, frozen or dried
- Low fat cheese or string cheese
- Low fat yogurt
- Low fat cottage cheese
- Hard boiled egg slices
- Peanut butter*
- Hummus
- Shelled seeds
- Air popped popcorn*
- Nuts*

**These foods can be choking hazards for young*