



# WIC NEWS

Women Infants and Children Supplemental Food Program



## Winter Fun Ideas!

Try skiing, skating, sledding or nature hikes

- \* Howell City Park  
Corner of Barnard & Thompson Street, Howell  
517-546-0693
- \* Island Lake Rec. Area  
12950 E. Grand River, Brighton  
810-229-7067  
[www.michigandnr.com](http://www.michigandnr.com)
- \* Kensington Metro Park  
2240 W. Buno Rd, Milford  
248-685-1561  
[www.metroparks.com](http://www.metroparks.com)
- \* Lakelands Trail State Park  
Parking available at West Bennett Park off Merrill Rd, or at the intersection of M-36 and Pettysville Rd  
810-588-9492
- \* Pinckney Recreation Area  
8555 Silver Hill Road, Pinckney  
734-426-4913

Have fun at a local library

- \* Brighton District Library  
810-229-6571  
[www.brightonlibrary.info](http://www.brightonlibrary.info)
- \* Fowlerville District Library  
517-223-9089  
[www.fowlervillelibrary.org](http://www.fowlervillelibrary.org)
- \* Hartland Library  
810-632-5200  
[www.cromaine.org](http://www.cromaine.org)
- \* Howell District Library  
517-546-0720  
[www.howelllibrary.org](http://www.howelllibrary.org)
- \* Pinckney Public Library  
734-878-3888  
[www.pinckneylibrary.org](http://www.pinckneylibrary.org)

## *Breastfeeding Support Is Here!*

### WIC Breastfeeding Peer Counselor

The WIC Program of Livingston County is excited to now have a Breastfeeding Peer Counselor. Lindsey, our Peer Counselor, can provide basic breastfeeding information, support, and follow up to pregnant and breastfeeding WIC mothers. We are excited to be an even greater source of help for our WIC families. Lindsey can be reached at 517-375-0554.

### Identify Your Supports & Keep In Contact With Them

Breastfeeding support is important, especially during the first 2-3 weeks of baby's birth. Many moms face challenges during those first few weeks and don't know where to turn. Most breastfeeding issues can be resolved if identified early, so the sooner you can get support, the better chance you have of continuing breastfeeding. This is where knowing your supports can make a difference.

A support system can include people already in your life such as your partner, family, friends and other moms you know. It can also include professionals or groups such as lactation consultants, La Leche League, WIC, your local health department, websites or support groups. Who do you have in your life to help you breastfeed successfully? It might surprise you that there is a lot of help out there!

### Support Makes All The Difference

Most moms don't know where to turn when faced with breastfeeding challenges. Whether you are currently breastfeeding or are still pregnant, be sure to contact the supports you have identified. That way, if issues come up, you know exactly where to turn for help. Planning ahead and staying connected with your support system is a key to success and can help you have a healthy and happy breastfeeding experience for you and your baby.

You can call the WIC office with questions at 517-546-5459.

## Livingston County Community Connect – January 28

Community Connect is a free one-day event to help people in need find assistance and information. Services being offered include free lunch, clothing, books for kids, personal care items, haircuts, portraits, housing information, food assistance, legal consultation, benefits information, giveaways and much more.

Community Connect is being held at Parker Middle School, 400 Wright Road, Howell. For more information contact 211.



## OLHSA Heating Fuel Assistance & Weatherization Program

### Heating Fuel Assistance

The Oakland Livingston Human Service Agency (OLHSA) may be able to help if you have a shutoff notice on your utilities (electric or heat) or are almost out of heating fuel (propane or fuel oil) and have limited income. Call OLHSA for more information at 517-546-8500.

### Weatherization Assistance Program

This free program may help you save money and lower your utility bills. To see if you qualify, contact the OLHSA Housing & Energy Department at 517-546-8500 or visit [www.olhsa.org](http://www.olhsa.org)

## Head Start Works!

Head Start is a preschool program offered at no cost to qualified families with children that are 3 or 4 years old by December 1, 2011. Classes are located throughout Livingston County. Call Head Start for more information at 517-548-2100.

Head Start provides:

Individual Learning, Volunteer Opportunities, Dental and Medical Resources, Field Trips, Snacks and Hot Lunches, Transportation, Parent Involvement, Family Resources and Referrals.

## It's Not Too Late To Get A Flu Shot!

Influenza season typically ranges from November through March, lasting past March in some years. Getting vaccinated in January or later can still offer protection against influenza. Vaccination is the single best way to protect yourself and your loved ones against influenza.

The Centers for Disease Control recommend **everyone 6 months of age and older** get vaccinated for flu this year. Pregnant women and young children are considered at high risk for serious complications if they get influenza disease. Household contacts and out-of-home caregivers of children less than 6 months of age should be vaccinated to protect infants too young to receive the vaccination.

Livingston County Department of Public Health walk-in immunization clinics are on Wednesdays from 8:30 am - 4:30 pm with extended hours until 7:00 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. Call 517-546-9850 for more information.



### Jambalaya

A flavorful stew from Louisiana –  
Try something new!

serves 6

Ingredients:

- 2 tsp olive oil
- ½ onion, chopped
- 1 clove garlic, chopped
- ½ cup celery, chopped
- ½ cup green pepper, chopped
- 2-3 smoked sausage, cooked & chopped
- ¼ pound chicken, cooked & cubed
- 1 can (16oz) chicken broth
- 1 can (14.5 oz) tomatoes with green chilies, with liquid
- 1 tsp black pepper
- ½ tsp dried thyme
- 1 cup uncooked brown rice

Directions:

1. Heat a large pot over med-high heat.
2. Add oil, onion, garlic, celery and pepper, cook until tender.
3. Add sausage, chicken, broth, and tomatoes to pot.
4. Add black pepper and thyme.
5. Bring to a boil and add rice.
6. Bring to a boil, then turn heat to low. Cover and simmer about 20 min.

You can add all kinds of other ingredients to your jambalaya:

- \* Greens such as spinach, kale or collards
- \* Peppers including red, orange, or yellow
- \* For more flavor and spice, try adding Cajun seasoning (a mix of paprika, cayenne pepper and oregano), chili powder or chilies
- \* Cooked ham or shrimp

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



## Livingston County Department of Public Health

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Visit our website at [www.lchd.org](http://www.lchd.org)

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