



WIC News

Fall 2007

www.wichealth.org ...

- ◉ **It's easy!** You can do it at any time.
- ◉ **It's fun!** There are lots of good tips on preparing healthy foods.
- ◉ **It's convenient!** You can do it anywhere you have Internet access.

1. Log on to a computer that is connected to the Internet.
 2. Type **www.wichealth.org** in the address box and press enter.
 3. Click on WIC Client Login
 4. Choose your state from a drop-down box
 5. Choose your WIC Agency from a drop-down box
 6. Choose your WIC clinic from a drop-down box
 7. Enter your WIC ID (example 000-3249768)
 8. Enter birth date: Month, drop-down box; Day, drop-down box; Year drop-down box
- ***ALL OF THE ABOVE ARE REQUIRED FIELDS THAT MUST BE ENTERED

There is also a "Guest" login that does not require any of the above information, but it does not result in a certificate.

- ✓ **This will count as your nutrition education. Print the certificate and bring it when you pick-up your coupons which makes coupon pick-up even faster.**

In This Issue:

- ◉ WIC Website
- ◉ Immunizations
- ◉ Free Infant Feeding Class
- ◉ Last Minute Lasagna
- ◉ No-cost Preschool Program
- ◉ Using Dried Beans
- ◉ Lead Recalls

LCDPH Advises Parents, Grandparents, Siblings, And Child Care Providers To Be Vaccinated Against Seasonal Flu

Livingston County Department of Public Health (LCDPH) recommends that pregnant women and children 6 months of age to 5 years of age should be vaccinated. This is especially important for parents, grandparents, siblings, daycare providers, and babysitters.

Infants and young children in need of flu vaccine may receive it along with any other needed vaccines during our regularly scheduled Wednesday immunization clinics beginning October 17th. Parents who accompany their children may also receive the vaccine at the same time. LCDPH Walk-in Clinics are offered on Wednesdays from 8:30 a.m. to 4:30 p.m. and until 7 PM on the 2nd and 4th Wednesdays of the month. Please call (517) 546-9850 for more information and fees.

Free Infant Feeding Class

WIC invites all pregnant women to attend an infant feeding class offered the second Tuesday of the month to learn about feeding your baby. For more information, contact the WIC office.

No-Cost Preschool Program

In partnership with Howell Public Schools, LESA is offering a morning session of the Michigan School Readiness Program at Northwest Elementary School in Howell. Children must be 4 years old by December 1st, 2007. For more information, call (517) 548-2100.

Do You Have Questions about Using Dried Beans, Peas and Lentils?

Do you wonder about:
How do you cook black-eyed peas, split peas or lentils?
How do you soak dried beans before cooking?
How do you cook dried beans?

You can find out about all of these questions and more at www.health.state.mn.us/divs/fh/wic/wicfoods/beanfaqs.html

Lead Recalls

News this summer that the U.S. Consumer Product Safety Commission (CPSC) recalled millions of toys after determining they contained excessive amounts of lead has increased parents' awareness about lead poisoning. For recall information, go to www.cpsc.gov

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Last-Minute Lasagna

Serve with a mixed green salad and crusty bread or garlic bread sticks.

1 jar (24-26 ounces) pasta sauce
2 bags (16-18 ounces each) frozen large cheese ravioli, partially thawed
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
8 ounces shredded mozzarella cheese
1/2 cup grated Parmesan cheese

Preheat the oven to 350 degrees. Spoon 1/3 of the pasta sauce into a 9-by-13-inch baking dish. Place half of the ravioli on top of the sauce in a single layer -- squeeze them in if necessary. Sprinkle with the spinach and half of the mozzarella. Layer on the remaining ravioli. Top with the remaining sauce, remaining mozzarella and Parmesan. Cover with foil and bake for 20 minutes. Uncover and bake until bubbling, 5 to 10 minutes more. Serves: 8

From "Real Simple Meals Made Easy" by Renee Schettler (Real Simple Book, \$24.95). Tested by Susan Selasky for the Free Press Test Kitchen. 307 calories (44% from fat), 15 grams fat (7 grams sat. fat), 29 grams carbohydrates, 17 grams protein, 1,150 mg sodium, 44 mg cholesterol, 358 mg calcium, 5 grams fiber

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