

WIC NEWS

Women, Infants and Children's
Supplemental Food Program



Summer 2009

New WIC Food Package

Beginning August 1, WIC will be issuing a new food package for all clients on the program. The WIC food packages are changing to better meet the nutritional needs of WIC participants. The new food packages align with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics.

WIC foods are intended to supplement participants' food intake and should be consumed along with other wholesome foods needed for a balanced diet.

Additions to the package include fresh fruits and vegetables, 4 oz jars of infant fruit or vegetables, 2.5 oz jars of infant meats, 16 oz packages of whole grain bread or tortillas, 64 oz bottles of juice and 15 oz canned beans.



Summer Lunch Bunch

For families in need of lunch this summer while school is out, this program serves a free meal one day a week plus a package of food for meals for the rest of the week. There will also be entertainment including crafts, games and more! There is no income requirement but if there is a waiting list families with less income will be served first.

You must pre-register in order to participate in this program. Please contact the Salvation Army for an application packet. The program runs from June 23 to August 13 and is open on Tuesdays and Thursdays at 11:30 am. Pickup sites are located in Howell, Brighton and Fowlerville.

Summer Lunch Bunch is a program offered by The Salvation Army in coordination with many other area agencies and churches.

Project Fresh This Summer

WIC will offer Project Fresh coupons again this year while supplies last. Eligible WIC participants may receive \$20 worth of coupons to use at authorized Farmers' Markets to purchase fresh fruits and vegetables. Eligible clients include pregnant and postpartum women and children ages 1-5 years old.

We will begin coupon distribution on Wednesdays beginning July 15 and will have an open house with a fruit and vegetable tasting party and coupon distribution on July 29 from 9 am – 4 pm.



Free Car Seat Fitting Station

Safe Kids Livingston County and the Livingston County Department of Public Health will be hosting a free car seat fitting station!

The station will be open on the 4th Wednesday of every month, from spring through fall. Certified child passenger safety technicians will be on staff from 3:00 to 6:30 pm in the parking lot at the health department. Low cost replacement car seats may be available. Appointments are preferred.

To make an appointment, or for more information, please contact Carrie Shrier at (517) 546-3950 or shrier@msu.edu. Leave with the peace of mind that your children are riding as safely as possible!

V.I.N.A. Community Dental Center

The V.I.N.A. Community Dental Center is open! Their mission is to provide quality, affordable dental care to eligible Livingston County adult residents with limited finances and no dental insurance.

Services provided: Exams (including oral cancer), Cleanings, Fillings, X-rays, Fluoride treatments, Extractions and Dental education material.

Requirements: Livingston County resident, No dental insurance, Income at or below 200% of federal poverty level, Fill out application in person before scheduling appointment, Prepay \$15 scheduling fee per visit.

V.I.N.A. Community Dental Center

400 E. Grand River Ave. • Brighton, MI 48116 • www.vinadental.org

WIC Website - www.wichealth.org

Complete your nutrition education on-line!

This will count as your nutrition education and will automatically be recorded in our computer system.

This will make your benefits pickup even faster!

- It's easy! You can do it 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.

Cool Off Smoothie

serves 2-4



Ingredients:

- 2 cups strawberries, hulled
- 1 cup orange juice
- 8 oz strawberry yogurt
- 2 cups ice
- 1 banana

Directions:

1. In a blender combine yogurt, strawberries, orange juice, ice and banana.
2. Blend until smooth.
3. Serve.

Variation:

Use your favorite fruits to make your own yummy version!

From allrecipes.com

Your local
WIC office:



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2300 East Grand River, Howell, MI 48843
Phone (517) 546-9850; Fax (517) 546-6995
www.lchd.org

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