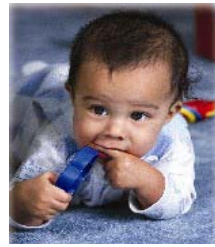


# WIC NEWS

Women, Infants and Children's  
Supplemental Food Program



Winter 2009

## MI-WIC is Coming!

The WIC office will be closed the week of January 26-30. All WIC staff will be attending a MI-WIC training and will be out of the office. You will not be able to receive benefits or change packages during that week.

Please be sure to visit the WIC office for your benefits or package changes the week before this training (Wednesday, January 21) or you will have to wait until the following week (Wednesday, February 4).

MI-WIC is the new paper-less record keeping system for WIC.

**The WIC Office will be closed January 26-30.**

## 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.

All children 6 months through 18 years of age should be vaccinated for influenza. Pregnant women, household contacts and caregivers (adults and children) of babies younger than 6 months of age should also be vaccinated.

### What is the cost of a flu shot?

WIC infants, children and their parents/grandparents are encouraged to discuss flu vaccination with their medical provider. Children may be eligible for flu vaccine at a reduced cost depending on their insurance status. Healthy Kids (Medicaid) will pay for flu shots for children. The cost of the flu shot is \$30.00 for adults.

### Where can I get a flu shot?

Flu shots are still available, along with other needed vaccines, at the Immunization Clinic at the health department. Livingston County Department of Public Health walk-in clinics are held on Wednesdays from 8:30 AM until 4:30 PM with extended hours until 7:00 PM on the 2nd and 4th Wednesdays of the month.

## OLHSA 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.

## \*New\* 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 residents with limited finances and no dental insurance.

### Services Provided:

- ◆ Exams (including oral cancer)
- ◆ Cleanings
- ◆ Fillings
- ◆ X-rays
- ◆ Fluoride treatments
- ◆ Extractions
- ◆ Dental education materials

### 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 • 810-844-0240 • [www.vinadental.org](http://www.vinadental.org)

## Complete your Nutrition Education on-line at [www.wichealth.org](http://www.wichealth.org)

- ◆ **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.

### How do I complete my nutrition education on-line?

1. Log on to a computer that is connected to the Internet.
2. Type **www.wichealth.org** in address box, press enter.
3. WIC Client Login click 'Yes' as a WIC client.  
(Note: if you click no, you will not be able to print a certificate to use for your nutrition education.)
4. From the drop-down boxes, choose your state, WIC Agency and WIC clinic.
5. Enter your WIC ID (example 000-1234567).
6. Enter birth date: Month, drop-down box; Day, drop-down box; Year, drop-down box.

- ◆ **This will count as your nutrition education.**
- ◆ **Be sure to print the certificate and bring it with you when you come in for benefits (this makes benefits transfer even faster).**

## Your local WIC office

Livingston County Department of Public Health  
2300 East Grand River Avenue, Suite 102, Howell, MI 48843-7578  
Phone: 517-546-9850



## Tuna Primavera

serves 4



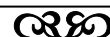
### Ingredients:

- 8 oz pasta
- 2 tablespoons butter
- 1 1/2 cups milk
- 1 envelope dry vegetable soup mix
- 1 1/2 teaspoons all-purpose flour
- 1/4 cup grated cheese
- 1 cup peas, cooked  
(or your favorite cooked green vegetable like beans, spinach, broccoli or kale)
- 1 6oz can tuna, drained

### Method:

1. Bring a large pot of water to a boil.
2. Add pasta and cook for 8-10 minutes. Drain.
3. In a saucepan melt butter.
4. Blend soup mix with flour and milk and add to saucepan. Stir.
5. Bring to a boil.
6. Reduce heat and simmer on low/medium heat for 5 minutes.
7. Add vegetables and tuna and cook another 2-3 minutes.
8. Stir in cheese and pasta.
9. Serve.

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



*This institution is an equal opportunity provider.*