

WIC NEWS

Women, Infants, and Children's Supplemental Food Program

A newsletter to inform WIC Clients and others about current issues in nutrition and provide facts about the WIC program



Spring, 2006 Volume 7, Number 1

Project Fresh to Start in June!

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 & vegetables from June until October 31, 2006. Eligible clients include pregnant and postpartum women and children ages 1 to 5 years old.

This year WIC will again be distributing Project Fresh coupons in 2 ways.

1. If you have never received Project Fresh coupons, you must attend one introductory session to learn how and where to use the coupons. WIC will be scheduling sessions in July and August. Please sign up when you are in WIC the next time for coupon pick-up or clinic.
2. If you have received Project Fresh coupons before, on Wednesdays between 8:30 AM and 4:30 PM, the Information Station will offer an activity board and hand-outs to update you. Once you have reviewed the materials, take the completed evaluation form to the WIC clerk and receive your Project Fresh coupons. This will begin Wednesday, June 28, 2006 and continue on Wednesdays while supplies last. You may come in just for Project Fresh coupons.

Nutrition Education Update!

What I can find out about starting my baby on solid foods at www.wichealth.org ...

- When to start my baby on baby foods
- Information on food allergies
- How to make inexpensive baby food
- How to prepare and store baby food
- Several tips on how to start introducing baby food
- What to expect when introducing new food
- What foods to avoid giving to babies

What I can find out about starting my baby on a cup at www.wichealth.org ...

- When to start my baby on a cup
- What type of cup to use
- Several tips on how to start introducing the cup
- What to put in the cup

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Funding received in part from the Michigan Department of Community Health and/or Livingston County. This institution is an equal opportunity provider.



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, 2006. Classes are located throughout Livingston County. Call Head Start at (517)548-2100.

Head Start provides:



- Individual learning
- Dental and medical exams
- Snacks and hot lunches



- Field trips
- Transportation
- Volunteer & employment opportunities



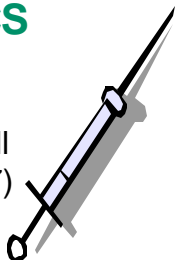
- Parent involvement
- Family resources/referrals

Free Hand Breast Pumps for Breast Feeding Moms

WIC encourages all pregnant women to attend an infant feeding class offered the second Tuesday of the month. This will help you make an informed decision about feeding your baby. Contact the WIC clerk for more information on the classes and get the facts. Come to class and receive a certificate for a free hand breast pump after delivery.

IMMUNIZATION CLINICS

Livingston County Walk-in Clinics are offered. Please call for clinic hours and fees at (517) 546-9850.



Stir-fried Chicken with Red Pepper and Snow Peas

From www.allfood.com/minutemeals

- 4 servings
- 2 garlic cloves
- 1 piece (a 1-inch knob) ginger root*
- 3 tablespoons lite soy sauce
- 2 tablespoons cornstarch
- 1 pound skinless boneless chicken breast cut for stir-fry
- 1 cup low or reduced-sodium chicken broth
- 1 teaspoon canola oil
- 1 cup red pepper slices
- 8 ounces stringed snow peas
- 1/4 cup chopped scallions

1. Mince the garlic. Peel and grate the ginger.
2. In a medium bowl, combine 2 tablespoons of the soy sauce, 1 tablespoon of the cornstarch, the garlic, and ginger and stir to combine. Add the chicken strips and toss to coat.
3. Put the remaining 1 tablespoon cornstarch in a small bowl and whisk in the remaining 1 tablespoon soy sauce and chicken broth.
4. In a large nonstick skillet, heat the canola oil over medium-high heat until hot. Add the chicken and stir-fry until no longer pink, 4 to 5 minutes. Add the pepper slices, snow peas, and scallions, and stir-fry for 2 minutes.
5. Stir the broth mixture, add it to the skillet, and cook, stirring, until the sauce is thickened, 1 to 2 minutes
6. Cook brown rice as directed. Fluff the rice with a fork. Divide the rice among 4 dinner plates and top with the chicken stir-fry. Serve.

*(Note: Fresh ginger is found in the produce section. It adds a very delicate flavor but ground ginger may be substituted (1/8 teaspoon ground ginger = 1 tablespoon fresh)

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