

# 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



*This institution is an equal opportunity provider*

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## Project Fresh to Start!

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 July until October 31, 2007. 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 two 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 soon for July and August. Please sign up the next time you are in WIC for coupon pick-up or clinic.
2. If you have received Project Fresh coupons before, 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, July 18, 2007 and continue on Wednesdays from 8:30 a.m. - 4:30 p.m. while supplies last. You may come in just for Project Fresh coupons.

## 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, 2007. 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

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## WIC Website Update

Try one or more of the following ideas to help keep you and your family healthy at [www.wichealth.org](http://www.wichealth.org) ...

- Maintain a healthy weight for life
- Tips for eating healthy when eating out
- Teach your child to pack a safe and healthy lunch
- Tasty and healthy treats!
- Time-saving tips!
- How mixed dishes count in each food group
- Balancing physical activity and eating healthy
- Learn to make the most of dessert calories
- Advice for maintaining a healthy lifestyle
- Tips for healthy substitutes
- Tips for using herbs and spices

Click on one or more of the following tips to learn how you can start offering your child regular meals and snacks at [www.wichealth.org](http://www.wichealth.org) ...

- Know how you can start offering regular meals and snacks
- Start small
- I can do this!
- Snacks for all ages
- Plan meals and save money
- Planning meals and snacks around busy schedules

## 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. Come to class and receive a certificate for a free hand breast pump after delivery if you choose to breast feed.

## Immunization Clinics

Livingston County Department of Public Health Walk-in Clinics are offered on Wednesdays from 8:30 a.m. to 4:30 p.m. and until 7 PM on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. Please call (517) 546-9850 for more information and fees.

### TOSTADAS Serves 4

(retrieved 3/28/07 from North Carolina Cooperative Extension Service)

- 4 Corn Tortillas
- Nonstick Cooking Spray
- 1 cup Fat-Free Refried Black Beans or Fat-Free Refried Beans
- 3/4 cup Shredded Reduced-Fat Monterey Jack Cheese
- 1 cup Non-Fat Sour Cream or Low-Fat Sour Cream
- 1 Cup Shredded Lettuce
- 1 cup Shredded Carrots
- 1 cup Salsa



1. Heat oven to 350° F.
2. Lightly spray both sides of each tortilla with nonstick cooking spray. Place tortillas on baking sheet. Bake 10 minutes or until crisp. Remove from oven.
3. Spread 1/4 cup beans on each tortilla. Top each tortilla with 3 tablespoons cheese.
4. Put back into oven. Bake until cheese melts (about 2 minutes).
5. Remove tortillas from pan and place each one on a dinner plate. Top each tortilla with 1/4 cup sour cream, 1/4 cup shredded lettuce, 1/4 cup shredded carrots, and 1/4 cup salsa.

YOUR LOCAL  OFFICE

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