

Livingston County Department of Public Health



WIC NEWS

Women, Infants and Children's
Supplemental Food Program

Spring 2008

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

EBT - The New Way to Buy Your WIC Foods!

What is EBT? It stands for Electronic Benefits Transfer - the new way to purchase your WIC foods. Beginning in May you will get a Michigan WIC Bridge Card at your regular WIC appointment. You will need this card to buy your WIC foods. Paper coupons will no longer be used once you get your Bridge Card.

Benefits of the Michigan WIC Bridge Card:

- * It's fast, easy and safe!
- * You can use it like a 'debit' card in the checkout lane.
- * No need for paper coupons.
- * Buy your WIC foods when you want to - not all on one visit to the store.
- * 24 hour access to your WIC benefits account balance.
- * Customer Service 24 hours a day, 7 days a week to replace lost or stolen cards.

During your next WIC visit, please allow extra time for training on how to use your Michigan WIC Bridge Card. You will receive a training booklet, watch a video and practice using the card to purchase your WIC foods.

Project Fresh Returns

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.

Look for more information
coming later this spring!



New 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, beginning on April 23rd. Certified child passenger safety technicians will be on staff from 3:00 to 6:30 pm in the parking lot at the health department. Appointments are not necessary, but will take priority. To make an appointment, or for more information, please call Janel Gryc at (517) 552-6881. Leave with the peace of mind that your children are riding as safely as possible!

www.wichealth.org - Logon to complete your Nutrition Education

- * **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 address box, 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 000-1234567)
 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 does not result in a certificate.

- * **Be sure to print the certificate and bring it with you when you pick-up your coupons (this makes coupon pick-up even faster).**
- * **This will count as your nutrition education.**

Nurses Welcome Newborns

Have you expanded your household by two feet?

Whether you are a first time mom or a veteran, the Nurses Welcome Newborns program is for you! The program allows every baby born to a Livingston County resident to get one home visit from a public health nurse at no charge.

The Nurses Welcome Newborns program offers:

- * A home visit from a public health nurse
- * Breastfeeding information and support
- * Information about infant nutrition, growth and development, safety and more
- * A check of baby's weight
- * Community resources for parents including information on local play groups and activities
- * A car seat check scheduled with a certified CPS technician
- * Answers to questions about infant care and being a new parent
- * Periodic mailings providing information about the growing child

For more information or to schedule a visit call 517-546-9850.

Vegetable Quiche

Serve with fresh Michigan fruit from the Farmers' Market.

6 eggs
 2 cups chopped, semi-cooked broccoli, spinach, zucchini, peppers, asparagus or other favorite vegetables
 1/2 cup chopped green onions
 1 cup grated Cheddar cheese
 2 tbsp. flour
 1/2 cup milk
 Salt & pepper
 1 9" pie crust

Preheat oven to 350 degrees.
 Beat eggs well. Stir in vegetables, mixing well. In separate bowl mix cheese with flour and add to vegetable mixture. Add milk last and mix well. Pour into pie crust. Bake for 1 hour. To test, insert knife. If it comes out clean, quiche is done.

From www.cooks.com

This institution is an equal opportunity provider.

Your Local WIC Office

Livingston County Department of Public Health
 2300 East Grand River, Suite 102
 Howell, MI 48843-7578
 Phone: 517-546-5459, Fax: 517-546-6995

www.lchd.org