



LIVINGSTON COUNTY DEPARTMENT OF PUBLIC HEALTH

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www.lchd.org

October 2, 2006

Dear WIC Supporter:

Thank you for supporting the Women, Infant, and Children's (WIC) program by referring clients in need. Enclosed are copies of the most current issue of the "WIC News". You are welcome to make copies to share with your staff and clients.

Please continue to encourage low income women who are pregnant, or who have babies or children less than five years of age to apply for WIC foods. Participants are eligible if they are at or below 185% of Federal Poverty Guidelines or are receiving Medicaid or Food Stamps. Caretakers and guardians of low income infants and children under the age of five should also be encouraged to apply for WIC. Interested persons may call the WIC program at (517) 546-5459 for more information or to apply.

Beginning November 1, 2006 there will be a change in the WIC Program infant formula contract. WIC infants who use formula will be given coupons for the Mead Johnson formula products. The new standard products will be Enfamil LIPIL with Iron, Prosobee LIPIL Iron Fortified, Lactofree LIPIL Iron Fortified, Gentlease LIPIL, and Enfamil with Iron. **After November 1, Similac with Iron, Isomil with Iron, Similac Lactose Free Advance, Carnation Good Start Supreme, Meijer Infant Formula, and Meijer Soy Infant Formula will not be provided by the WIC Program even with a prescription from a physician.** Specialty formulas (such as Alimentum, Nutramigen, Pregestimil, and other special formulations) will still be available for infants with special needs. Infants needing special formulas must have their physician complete a medical justification form or prescription showing medical need in order for the WIC clinic to approve the printing of coupons.

WIC continues to advocate breastfeeding as the optimal infant feeding choice unless medically contraindicated. Please encourage our WIC moms who have chosen to breastfeed. Your support is crucial for new mothers to have a successful breastfeeding experience.

Please contact me at (517) 552 6811 if you have any questions regarding the WIC Program.

Sincerely,

Susan Worek, RN, BSN
WIC Coordinator

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



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Nutrition Education Update!

The Information Station is 4 years old! You asked for more parenting tips – so look for ideas on dealing with challenges including bedtime and toilet training. We'll add more information as we find it or go to www.wichealth.org.

To use the Information Station:

- 1: Sign in and give your WIC folder to the WIC clerk.
- 2: Follow the bright yellow signs to the Information Station and choose a topic for review.
- 3: Take any written materials located near your topic.
- 4: Fill out the evaluation form, and give it to the WIC clerk when you pick up your WIC coupons.
- 5: Look for "free" things that WIC shares with you.

To get started on the web:

- \$ Log into a computer that is connected to the Internet. Type www.wichealth.org in the address box and press enter.
- \$ You will be asked about your interests and needs: click on the yes/no options.
- \$ Complete the small survey at the end. It's anonymous and confidential.
- \$ Print the certificate of completion and give it to the WIC clerk when you pick up your WIC coupons.

Infant Formula Change Reminder

As of November 1, 2006, the Michigan WIC contract formulas are: Enfamil LIPIL with Iron (replaces Similac with Iron), Prosobee LIPIL Iron Fortified (replaces Isomil with Iron), Enfamil Lactofree LIPIL Iron Fortified (replaces Similac Lactofree Advance with Iron), Enfamil Gentlease LIPIL (replaces Carnation Good Start Supreme), Enfamil with Iron.

Holiday Assistance

From October 9th to December 6th, 2006, the Salvation Army will be accepting applications for Holiday assistance on Mondays, Wednesdays and Fridays from 10 AM to 2 PM. When applying, you will need to bring proof of address, income expenses (all current utility bills) and proof of any children in the home (birth certificate or social security card.) Also bring clothing and shoe sizes of family members. Please contact the Salvation Army at (517)546-4750 for more details.



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Fun at the Library



Before you settle down for a long winter indoors, think about calling your local library for family programs offering stories, songs, crafts, and more! These programs help children with reading skills and provide a change of pace everyone will enjoy.

Usually, all ages are welcome and the activities are often free. Check now to see what's available and if registration is required. Special activities may be available for children from infancy through high school.

Brighton District Library
100 Library Drive
Brighton, MI 48116
810-229-6571
<http://brightonlibrary.info>



Cromaine District Library
3688 N. Hartland Road, Box 379, Hartland, MI 48353
810-632-5200 <http://www.cromaine.org>

Fowlerville District Library
131 Mill Street, Fowlerville, MI 48836
517-223-9089 <http://www.fowlervillelibrary.org>



Hamburg Township Library
10411 Merrill Road
Hamburg, MI 48139
www.hamburg.lib.mi.us

Howell Carnegie District Library
314 W. Grand River Avenue, Howell, MI 48843
517-546-0720 <http://www.howelllibrary.org>

Pinckney Community Library
350 Mower Road, Box 379
Pinckney, MI 48169
734-878-3888
<http://www.pinckney.lib.mi.us>



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.

Impossibly Easy Taco Pie

Serve this dish with pineapple chunks and vegetable sticks for a refreshing meal. Top it like a taco! Pile slices of this zesty pie high with shredded lettuce, chopped tomatoes, and sliced green onions. 6 Servings (from <http://www.wichealth.org>)

1 pound Lean ground beef
1 medium onion, chopped (1/2 cup)
1 envelope (1.25 ounces) taco seasoning mix
1 can (4.5 ounces) chopped green chiles, drained
1 cup milk
2 eggs
1/2 cup Original Bisquick® mix
3/4 cup shredded Monterey Jack or Cheddar cheese (3 ounces)
Salsa (any variety)

1. Heat oven to 400°F. Grease 9-inch pie plate. Cook ground beef and onion in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in seasoning mix (dry). Spoon into pie plate; top with chilies.
2. Stir milk, eggs and Bisquick mix until blended. Pour into pie plate.
3. Bake about 25 minutes or until knife inserted in center comes out clean. Sprinkle with cheese. Bake 8 to 10 minutes longer. Cool 5 minutes. Serve with salsa and sour cream.

406 Calories, 23 g Total Fat, 14 g Carbohydrates, 23 g Protein, 908 IU Vitamin A, 32 mg Vitamin C, 263 mg Calcium, 992 mg Sodium, 2.2 mg Iron

Immunization Clinics

Livingston County Department of Public Health walk-in immunization clinics are offered. Please call for information about clinic hours and fees at (517)552-6821. Flu clinics are scheduled to begin in October. Call the Flu Hotline at (517) 546-9850 in October for more details.

YOUR LOCAL  OFFICE

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