

# Eat Smart, Live Well

WIC Newsletter

January February March 2011



## Dates to Remember...

WIC is closed

January 14, 17, 28

February 11, 21, 25

March 18, 25

Your next WIC appointment is \_\_\_\_\_

Please bring to this appointment:

- Your child(ren)
- Proof of household income
- Attached questionnaire
- Your child's immunization records
- Proof of residency (gas bill, phone bill)
- Identification
- Proof of Medicaid, Food Stamps or TANF
- WIC Envelope

## What Is A Smart Snack?

Snacks give kids nutrition and energy between meals.

Snacks are not treats like cookies or candy.

Treats are only given once in a while, where as snacks are given everyday.

Snacks should include 2 or 3 food groups (peach slices, yogurt, cold cereal).

Snacks have extra nutrients that may be missed during meals.

Think of snacks as "mini-meals".

## Super Snack Suggestions

Homemade trail mix\*- whole grain cereal, dry fruit, nuts

String cheese, whole wheat crackers, fruit

Fruit smoothies with milk, yogurt and fruit

Corn tortillas with melted cheese and diced tomato

Steamed veggies ( cooled) with dip ( bean dip, hummus, low fat salad dressing)

Peanut butter on apples

Tortilla pinwheels- deli ham, pineapples, shredded cheese

*\*Do not offer nuts, seeds or dry fruit to children under 3 years of age.*



## Pack Your Pantry For Smart Snacks

*Use this shopping list to stock your house with foods that make healthy snacks and meals.*

Whole grain breads, tortillas, crackers

Whole grain cereals, hot and cold

Whole grain pasta in kid friendly shapes

Lean turkey, ham

Canned tuna in water

Eggs

Legumes (black beans, pinto beans, split peas)

Fresh, canned, dried and frozen fruits

Fresh, canned, dried and frozen vegetables

Low fat cheese and yogurt

Milk

Healthy fats- olive oil, canola oil, margarine with no trans fats

### Jefferson County WIC Clinics

Lakewood

260 S. Kipling St., Lakewood, CO 80226

303.239.7143

Arvada

6303 Wadsworth Bypass, Arvada, CO 80003

303.275.7510

Edgewater

1711A Sheridan Blvd Edgewater, CO 80214

303.239.9580



# Vitamin A

Vitamin A helps you see well, prevents infections, gives you healthy skin and hair, and can help fight cancer.



## Try These Ideas To Boost Vitamin A In Your Diet!

- Steamed carrots (cooled) with lowfat ranch dressing or bean dip for dipping
- 1/2 Baked sweet potato topped with brown sugar
- Broccoli mixed into macaroni and cheese
- Apricot smoothie

**Best Food Sources:** Broccoli, spinach, carrots, pumpkin, sweet potatoes, squash, collard greens, cantaloupe, apricots



## Breastfeeding Corner



### Collection and Storage of Breast Milk

Wash hands before handling breast milk.

Milk should be collected with clean equipment.

Store in sterile containers (glass or plastic containers).

Immediately after expressing breast milk, seal and label (date) the container.

Store in the refrigerator or freezer (see chart).

Thaw breast milk gradually by placing in the refrigerator for 12-24 hours or by running under warm tap water.

**NEVER THAW MILK AT ROOM TEMPERATURE.**

Never microwave breast milk.

Storage Area	Temperature Of Area	Time In Area
Refrigerator	32-39 Degrees F	24-48 Hours
Freezer Inside Of Refrigerator	0 Degrees F	2 Weeks
Self Contained Freezer Unit Of Refrigerator	0 Degrees F	3 Months
Deep Freeze	A Constant 0 Degrees F	6 Months



## Dips For All Occasions



### Peach And Peanut Butter Dip

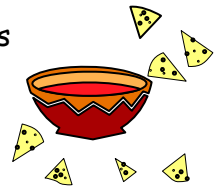


- 2 1/2 T. peanut butter
- 4 T. peach yogurt

Microwave peanut butter for about 30 seconds to make soft. Add yogurt and stir well.

### Bean Dip

- 2 cups cooked pinto beans
- 1/4 cup chopped onions
- 1/2 cup salsa



Mash cooked beans with potato masher or a fork. Stir in onions and salsa.



**Don't forget to ask about a dental screening and fluoride application for your child at your next WIC appointment.**

**It's FREE and takes 10 minutes.**



# RESOURCE CORNER



Denver's Family Guide **Online coupons for fun activities, field trips and camps:** [www.coloradokids.com](http://www.coloradokids.com)

Denver Art Museum **Free Days-1st Sat. of Every Month** 100 W 14th Ave Pkwy. Denver CO 720 865-5000 [www.denverartmuseum.org](http://www.denverartmuseum.org)

Children's Museum of Denver **Free Play the 1st Tuesday of Every Month from 4 pm-8 pm** [www.mychildsmuseum](http://www.mychildsmuseum)

Denver Museum of Miniatures, Dolls & Toys SCFD sponsored 'pay-what-you-can' **Family Free Day-1st Sun. Every Month** [www.dmmtdt.org](http://www.dmmtdt.org)

Museo de las Americas **Free Days-2nd Sat. of Every Month** 861 Santa Fe Drive Denver CO 303 571-4401 [www.museo.org](http://www.museo.org)

**Immunization Clinics available at these locations: ARVADA•LAKEWOOD For more information please call: 303 239-7033**

**Car Seat Safety Hotline Info: 303 436-6910**