Eat Smart, Live Well

WIC Newsletter
July August September 2010

Dates to Remember...

WIC is closed

July 5, 30

July 16, Closed till 12:30 pm

August 20, 27

September 2, Closed till 11:00 am

September 6, 17, 24

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

whole grain goodness

EAT PLENTY OF WHOLE GRAINS

Whole grain foods help give you and your family energy and nutrients needed to play, learn, and grow up healthy and strong. They are very important because they provide fiber, vitamins, and minerals.

Look for foods made with whole grains, such as whole grain cereals, breads, pastas, and crackers.

Brown rice and oatmeal are also whole grains.

Half of the grains you eat every day should be whole grains.

So the next time you go food shopping, read the labels closely. Look for the word "whole" before the name of the first few ingredients, like "whole wheat flour", "whole oats", and "whole grain barley".

Steer Clear: Words that DO NOT necessarily mean the product is a whole grain source include: Wheat flour, organic flour, multigrain, enriched flour, bran, wheat germ, semolina, durum wheat.

Quick Tips

Here are some simple and tasty ways to get your family to eat more whole grains.

- Start the day with a bowl of whole grain cereal.
- Serve low fat cheese on whole grain crackers.
- Make sandwiches on whole grain bread.
- Serve a vegetable stir-fry over brown rice.
- Enjoy tomato sauce with whole wheat spaghetti.
- Mix whole grain cereal with low fat yogurt for a yummy treat.

Whole grains are available with your WIC checks: whole grain bread, brown rice, corn tortillas, and whole grain cereals. See your allowable food list.

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

Jefferson County Public Health

Breastfeeding Corner

Solving a myth of breastfeeding… really what can you eat?

Many woman are fearful they have to give up their favorite food when breastfeeding. This is not true! In general you do not have to restrict the kinds of foods you eat when breastfeeding - even spicy foods, chocolate, beans and onions. If you suspect your baby is reacting to something you eat, talk with your WIC Dietitian. There are some easy things you can do when breastfeeding to keep you and your baby healthy:

- Eat 3 well balanced meals and a few nutritious snacks a day - you need 500 more calories a day when you breastfeed vs. when you were not pregnant.
- Drink plenty of liquids every day - try to have a glass of water or milk every time you nurse your baby.
- Continue to take your prenatal vitamins.

Crunchy Fruit Salad

1 large apple or pear, cut into bite-size pieces

1 large stalk celery, sliced

1/4 cup mayonnaise or salad dressing

4 lettuce leaves

1 cup Cheerios or MultiGrain Cheerios cereal

Stir together apple, celery, and mayonnaise. Refrigerate until ready to serve. Place lettuce leaves in 4 salad bowls or plates. Divide salad mixture among salad bowls. Top each with 1/4 cup cereal.

Serve immediately.

4 Servings.

Not appropriate for children under 3 years of age.

What To Do With Over-ripe Fruit:

Freeze and add to fruit smoothies.
(Put frozen, fresh or canned fruit and fruit flavored yogurt into a blender. Add enough juice to make the thickness of a milkshake.)

Mash and add bananas to pancake batter or to muffin recipe.
(You can use any fruit in place of bananas.)

Mash and serve on puddings or ice cream.

Berries: Mash and serve over other sliced fruits like peaches or pears.

Resource Corner

Denver's Family Guide **Online coupons for fun activities, field trips and camps:** www.coloradokids.com

Denver Zoo **Free Day Oct. 13, 21** 2300 Steele St. Denver CO, 303 376-4800

Colorado History Museum **Saturdays Kids 12-Under Are Free** 1300 Broadway Denver CO 303 866-3682 www.coloradohistory.org

Denver Museum of Nature & Science **Free Day Aug. 8, 30, Sept. 13, 19, Oct. 3, 18** 2001 Colo. Blvd. Denver 303 322-7009 www.dmns.org

Denver Art Museum **Free Days-1st Sat. of Every Month** 100 W 14th Ave Pkwy. Denver CO 720 865-5000 www.denverartmuseum.org

Children's Museum of Denver **Free Play the 1st Tuesday of Every Month from 4 pm-8 pm** www.mychildsmuseum

Museum of Miniatures, Dolls & Toys SCFD sponsored 'pay-what-you-can' **Family Free Day-1st Sun. of Every Month** www.dmmdt.org

Museo de las Americas **Free Days-2nd Sat. of Every Month** 861 Santa Fe Drive Denver CO 303 571-4401 www.museo.org

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