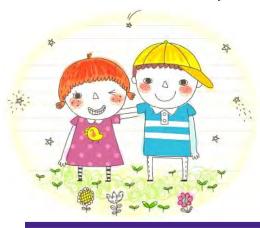
Eat Smart, Live Well

WIC Newsletter April May June 2012



Dates to Remember...

WIC is closed

April 27

May 25

June 22

Your next WIC appointment is _
Please bring to this appointment

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

KIDS IN THE KITCHEN

Even your toddler can have fun helping in the kitchen! Cooking is a great way to introduce your child to healthy foods in a fun way. Picky eaters will be more willing to try a bite of the delicious meal they help make.

Your Toddler Can Help:

- Wash fruits and vegetables
- Pour pre-measured ingredients into a bowl
- Help stir pancake batter with a big wooden spoon
- Sprinkle cheese on a casserole or homemade pizza
- Spread peanut butter on bread
- Tear up lettuce for salad

Keep Kids Safe In The Kitchen

- Let them know what is ok to touch and which items (a hot stove, knives) can hurt them
- Talk to them about which kitchen jobs are for kids, which kitchen jobs are for grown ups
- Teach them to wash their hands before working with food
- Keep dangerous stuff out of reach



Easy Tortilla Pizza

1 whole wheat tortilla Spaghetti sauce Shredded mozzarella cheese Favorite healthy toppings: sliced mushrooms, pineapple, ham,



Place your tortilla on a cookie sheet. Take a bit of spaghetti sauce and spread it around the tortilla. Let your toddler sprinkle on cheese and toppings.

Bake in the oven at 350 degrees for 8 – 9 minutes, or until the cheese has melted and the tortilla is crisp.

Breastfeeding Corner

What is Colostrum?



Your breastmilk is perfect for your baby from day 1. This milk is called colostrum.

Colostrum:

- W Your first milk
- S Looks yellow or golden
- G Helps protect baby from illness
- © Comes in very small amounts, about 1 to 2 teaspoons per feeding. This is enough!

Baby's Tummy Size:

Day 1: the size of a small marble By Day 3: the size of your baby's fist

is all your baby needs in the first few days until your milk comes in (which is around 2 to 4 days after delivery.)



green pepper

RESOURCE CORNER





Come share in the fun!

Learn how to cook healthy meals that fit your budget and your family will enjoy. Classes are free and can be taught in your home or in group settings.

For more information or to register call: CSU Extension Nutrition Educator Araceli Sanchez (303) 271-6651

Jefferson County Head Start invites you to hop in and see us!

Now enrolling 3-5 year old children.

Head Start is a **NO COST** preschool program.

Children must be at least 3, but not yet 5 years old by Oct 1st.

Who is automatically eligible?
Families receiving TANF or SSI
Homeless families • Foster children

Call 303-271-4083 for an application today or visit us at http://jeffco.us/head/

If you live in Lakewood, apply with Lakewood Head Start at 303 987-2490

Colorado Get Outdoors Day Sat. June 9 Denver City Park 9-3 FREE Outdoor fun, food, music & prizes! www.getoutdoorscolorado.org Children's Museum of Denver Free Play the 1st Tuesday of Every Month from 4 pm-8 pm www.mychildsmuseum Denver Art Museum Free Days-1st Sat. of Every Month 100 W 14th Ave Pkwy. Denver CO 720-865-5000 www.denverartmuseum.org Denver Museum of Nature & Science Free Day April 22, May 6, June 17 2001 Colo. Blvd. Denver CO 303 322-7009 www.dmns.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

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.

Produce & Health Fair
FREE FRUITS & VEGETABLES!
cooking DEMONSTRATIONS & HEALTH RESOUR

COOKING DEMONSTRATIONS & HEALTH RESOURCES Fridays, June 8th, July 13th, August 10th, 2012 9 a.m. - 11:30 a.m.

Healing Waters Family Center 6475 West 29th Avenue Wheat Ridge, CO 80214 No income or residential requirements to participate

To volunteer, donate produce or for more info call: 303 239-7126