



WIC Tribune

Onondaga County Health Department WIC Program Newsletter Winter 2018

Nutrition Spotlight: Healthy Eating Through the Winter

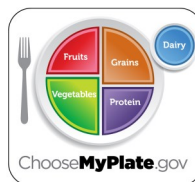
It's that time of year again when cold weather comes our way. You can take simple steps to help you and your children stay healthy this winter season through healthy eating habits like eating more fruits and vegetables and eating foods from each food group every day!

Some things you can do are:

- Ask your WIC Nutritionist for a copy of "Choose My Plate" guidelines for you and your children and check out www.choosemyplate.gov.
- **MAKE SURE TO CASH ALL OF YOUR WIC CHECKS** to get the full benefit of all of the WIC foods.
- Let the kids help. Bring your child/children grocery shopping with you. Allow them to choose fruits and vegetables they would like to eat.
- Let your child/children help when you make meals.
- At least once a week, give fruit as dessert.
- Be a Role Model. Kids love to do what their parents do. So if you want your kids to eat healthy, what better way to teach them than to eat plenty of fruits and vegetables yourself?
- Make half your plate fruits and vegetables – warm up frozen or canned vegetables, open a can of fruit packed in 100% fruit juice, steam broccoli, make a salad, or peel a banana or orange.
- Serve smaller portions of new vegetables and fruits to allow your children to try them and avoid waste.



Visit us at
[facebook.com/OnondagaWIC](https://www.facebook.com/OnondagaWIC)



Great News!

Coming Fall 2018. WIC will be switching from paper checks to payment (EBT) cards.



Don't forget to use
your WIC checks!

Nutrition Education + WIC Checks =
Healthy Families

Call WIC if you cannot
make your WIC
appointment

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Please call our office at
315.435.3304 if your
phone number or
address changes

WIC Clinic and Office
will be closed :

Monday, January 1, 2018
New Year's Day

Monday, January 15, 2018
Martin Luther King, Jr. Holiday

Monday, February 19, 2018
President's Day Holiday

For every WIC appointment
you must have your WIC ID
or photo ID.



Here's What's Cooking

Banana Milk

Ingredients: (*WIC Foods)

- 1 cup milk*
- 1 banana, sliced*
- 1 teaspoon vanilla extract

Instructions:

1. Put all ingredients in the blender.
2. Put the top of the blender on tightly. Turn the blender to medium and blend until the mixture is smooth, about 30 seconds.
3. Divide the mixture between two glasses and serve right away or store

If you like you can add the following:

- 2 tablespoons of crushed nuts
 - 1 tablespoon of a peanut butter*
 - 1 date, pitted
 - Pinch of ground cinnamon or nutmeg
- Try it warmed up to take away the winter chill.
From: Chop Chop Magazine – Fall 2017



March is National Nutrition Month®, and this year's theme is *Go Further with Food*. Whether it's starting the day off right with a healthy breakfast or fueling up before a busy day, the foods you

choose can make a difference. Preparing foods to go further at home can have a positive impact on yours and your child's health. Your WIC Nutritionist can provide ideas so you and your family can adopt healthier eating habits, while reducing food loss and waste so you can go further with your food".

Source: <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>

**Don't let
the flu**
Stop the fun !



**Get a flu vaccine
every year!**

No insurance? Call 315-435-2000 to learn
how you can get a flu vaccine.



Healthy Families Division
Immunization Program

