WIC News

Grant County Health Department
111 South Jefferson Street
Lancaster, WI 53813
(608) 723-6416

APRIL, MAY & JUNE 2011

CONTENTS:

PAGE 1

- Easter Eggs
- More Matters

Page 2

- Peer Counseling Services
- Have Fun with Herbs
- Recipe Corner

WIC STAFF:

Matthew Benish
Program Director

Margaret Sanna
WIC Nutritionist

Shawn Handfelt
WIC Clerk

Cheryl Meier
Public Health Aide

Ann Thompson
Public Health Nurse

Julie Leibfried
Public Health Nurse

Tracy Schildgen
Public Health Nurse

Laurie Walker
Public Health Nurse

Easter Eggs

It's unfortunate that eggs got a bad reputation simply because they are high in cholesterol. The truth is that eggs can actually be very beneficial and healthy. In fact, research has shown that saturated fat in foods impacts heart health more than dietary cholesterol.

Interested in learning more about eggs? Here are just a few reasons why eggs can be a healthy choice at mealtime:

1. Protein! One egg has 6 grams of protein. In fact, eggs provide high quality protein, meaning your body will easily be able to use it for muscle building and other important functions.

2. Vitamins and minerals. Eggs are a good source of B-vitamins, selenium, iodine, Vitamin D, phosphorus, and choline. All of these vitamins and minerals have an important role in your body.

3. Eggs are inexpensive. Typically a dozen eggs costs about $1.90, around 15¢ per egg! In comparison, one pound of chicken breast, another common protein source, is likely to cost about $3.00.

4. Eggs are versatile. They can be eaten at breakfast, put in a sandwich, and used in baked goods or savory dishes. Eggs can also be an entrée on their own with a variety of forms including scrambled, over easy, sunny side up, hard-boiled, crepes, or omelets.

5. Iron. Believe it or not, eggs are a good source of iron. It is recommended that pregnant women eat a diet rich in iron to help carry oxygen to and build iron stores for the baby.

6. Eggs are a good transitional food for babies who are starting solids. They're very soft and easy to chew. It's best to serve omelets, scrambled, or hard boiled eggs to babies so that the yolks are fully cooked.

Eggs are included on WIC checks for all children over 1 year. If you have any questions or need recipe ideas, just ask!

More Matters

It is important for your kids to be getting enough fruits and vegetables daily to help foster their growth and development; adequate fruit and vegetable consumption has also been proven to decrease the risk of obesity, diabetes, heart disease, and stroke. So how much is enough to protect your kids? The easiest guideline to determine how many fruits and vegetables to give your kids is the "half plate rule"; fill half of your child's plate with a combination of fruits and vegetables at every meal.

Sometimes it's easier to buy fruits and vegetables that are in season, canned in juice or water, frozen, or dried to stretch your food dollar. Bringing home produce with a variety of textures and colors not only ensures your kids are getting plenty of unique vitamins, minerals, and antioxidants, it also makes eating them more exciting.

The federal government recently created a website to accompany their More Matters program; this site houses information about the benefits and nutrients of fruits and vegetables, as well as extensive instructions detailing how to buy and prepare them with recipes that range from easy to elaborate. The site can be found at www.fruitsandveggiesmorematters.org. For fun new ideas and lots of great information, visit it today!

Breastfeeding Peer Counseling

The WIC program strongly supports breastfeeding. Research has shown that breastfeeding offers more health benefits to both mom and baby than formula feeding. The American Academy of Pediatrics and the World Health Organization have reported that breastfeeding is the best approach to feeding your infant.

One the services WIC provides for our clients is access to a breastfeeding peer counselor, "*a paraprofessional with breastfeeding experience….who gives basic breastfeeding information and encouragement to WIC pregnant and breastfeeding participants.*" A breastfeeding peer counselor is available to conduct home visits or take questions over the phone. She is also available anytime during the day, including outside WIC office hours.

Grant County is fortunate enough to have a peer counselor who is passionate about breastfeeding and has personal breastfeeding experience. Our peer counselor has also been certified as a Certified Lactation Specialist (CLS) and Certified Lactation Educator (CLE).

Our goal is to serve the needs of all our clients. We aim to provide support to all pregnant or post-partum moms through home visits, while at clinic, or over the phone. If you have any questions or concerns about breastfeeding, please notify us so that we can refer you to our peer counselor.

"Our goal is to serve the needs of all our clients."

-Grant County WIC

Have Fun with Herbs

Herbs are a healthy way to add flavor to any dish! While they're not available with WIC's normal fruit and vegetable vouchers, they can be purchased with the Farmers' Market Nutrition Program vouchers. Looking for some great ways to experiment with herbs?

- Add chopped rosemary and olive oil to chopped potatoes before roasting.
- Mix diced onion, tomatoes, and chopped cilantro to make a fresh salsa. Try adding some diced jalapeno or poblano peppers if you like it spicy!
- Combine chopped dill, ground black pepper, and fat-free sour cream for a veggie dip to accompany other farmer's market produce.
- Top pasta with halved cherry tomatoes, chopped basil, and olive oil for a new take on pasta sauce.

Recipe Corner

Trail Mix

Trail mix is a great snack for kids on the go. With spring just around the corner, having a portable snack for the kids while they're playing outside or just busy studying at school is important. Trail mix is a versatile creation that can be prepared to be healthy for kids of all ages as well.

1/2 cups raisins
1/2 cup unsweetened dried apples
1/2 cup peanuts
1/2 cup Multi-Bran Chex cereal
1/2 cup pumpkin seeds
1 cup pretzels

Combine all ingredients in a bowl, then scoop 1/2 cup portions into on-the-go ready lunch bags or reusable containers.

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."

We're on the web!
www.co.grant.wi.gov