



WIC WORKS Newsletter Douglas County WIC Program

New WIC food package begins August 2009

So, what is new?

- ♦ **A voucher for fruit and vegetables**
Fresh, frozen, or canned are allowed according to guidelines.
- ♦ **Whole grains**
Bread, brown rice, tortillas, and oatmeal according to WIC guidelines.
- ♦ **Canned beans**
According to WIC guidelines.
- ♦ **Baby foods**
Jarred fruits and vegetables for all infants, jarred infant meats for exclusively breastfed infants per WIC guidelines.



So, what is the same?

- ♦ Low fat milk (Whole milk for 1-2 year olds)
 - ♦ Cheese
 - ♦ 100% juice
 - ♦ Whole grain cereals
 - ♦ Contracted infant formula
- *refer to WIC guidelines for specific kinds and qualifications.

Douglas County WIC
Program

3rd quarter, 2009

July—September, 2009

Did you know?

Poor nutrition intake in a baby's first 5 years will affect them for the rest of their lives.

Inside this issue:

Breastfeeding	2
Low fat milk	3
Summer Recipe	3
Whole grains	3
Whole grains	4
WIC vendors	4

BREASTFEEDING: Getting off to a Good Start

- ◆ Talk to your health care provider before you deliver—tell them you plan to breastfeed.
- ◆ Plan to take a breastfeeding class.
- ◆ Call WIC, or a provider if you have questions or concerns, or if you want to enroll in a class.
- ◆ When you deliver, TELL everyone in the hospital that you plan to breastfeed. Tell them you do not want your baby to have bottles or pacifiers.
- ◆ Have your baby skin-to-skin as soon as possible after the birth. Ask to have baby stay in your room with you.
- ◆ Give the baby lots of chances to learn to breastfeed. Babies only need a teaspoon or so at each feeding early on. There is no need to “supplement,” your milk is just the right amount.
- ◆ Limit visitors. You need to rest and spend special time bonding with your baby, and it is easier to breastfeed early on with out an audience.
- ◆ A healthy baby won't need anything but your breast milk in the first 48 hours. Everyone needs to be patient and give mom and baby a chance to figure things out.
- ◆ If your baby does need to have special care in the nursery, you can be there with him as often as you like. If baby is too sick to put to breast, start pumping right away.

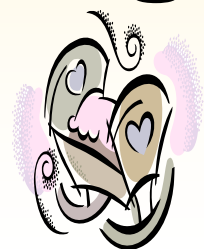


Breastfeed often,
look to baby for
feeding cues

**B
r
e
a
s
t
f
e
e
d
i
n
g**



**R
o
c
k
s**



(Adapted from Hennepin County WIC program)

The Skinny on Drinking Low Fat Milk (1% or Skim)

Although whole milk is still generally recommended for children aged 1-2 years, low fat milk is the recommended choice for most people.

Low fat milk is lower in saturated fat and is lower in calories than whole milk. However, it still contains all the great nutrient benefits of whole milk.

In fact, milk is the number one source of seven nutrients

In the diets of children 2-18 years. Just one 8 ounce serving of milk contains the following Recommended Daily Allowances:

- ◆ 30% calcium
- ◆ 25% Vitamin D
- ◆ 16% Protein
- ◆ 11% Potassium



Milk, it really does do the body GOOD

- ◆ 10% Vitamin A
- ◆ 13% Vitamin B12
- ◆ 24% Riboflavin
- ◆ 10% Niacin
- ◆ 20% Phosphorus.

(Adapted from the National Dairy Council)

When it's hot outside, have a cool treat...Strawberry Smoothie

Ingredients:

- ◆ 2 ice cubes
- ◆ 1 cup low fat milk
- ◆ 1/3 cup cottage cheese
- ◆ 2/3 cup frozen strawberries
- ◆ 1 1/2 tsp. Vanilla extract

1. Pour all of the ingredients into a blender.
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth.
3. Pour your smoothie into a glass and enjoy

Estimated calorie: 289

Estimated fiber: 3 grams

Estimated fat: 2 grams

Estimated Carbohydrate: 49 grams



Make Half your Grains Whole Grains

The majority of Americans do not meet dietary guidelines for the consumption of fiber in their diets. WIC is trying to increase the whole grain intake of participants by adding a voucher for whole grains beginning in August 2009. The benefits of whole grains are numerous.

- ◆ Help protect against cancer and other diseases
- ◆ Decrease risk of heart disease.
- ◆ Control your weight
- ◆ Keep your child's bowel habits regular

Some examples of whole grain foods :

- ◆ Brown Rice
- ◆ Whole grain crackers
- ◆ Whole grain bread, pasta and tortilla's
- ◆ Whole grain oats, oatmeal

Continued on page 4

Douglas County WIC

Douglas County Public Health
725 Elm St., Suite 1200
Alexandria, MN 56308

Phone: 320.763.7805

Women, Infants and Children



LOCAL VENDORS FOR DOUGLAS COUNTY, MN

Elden's Food Fair— Alexandria, MN
Jim's Home Quality Foods— Osakis, MN
Kensington Supermarket— Kensington, MN
Miltona Grocery—Miltona, MN
Miltona Outpost—Miltona, MN
Nelson's Store— Evansville, MN
Pete's County Market— Alexandria, MN
Wal-mart Supercenter #1632— Alexandria, MN

REMINDER:

The new child booster seat law goes into effect on July 1st, 2009. All Children 4 years to 8 years old are required to have a booster seat until they are 8 years old or reach the height of 4 foot 9 inches tall.

Whole Grains (continued from page 3)

It is recommended to try to eat 3 servings of whole grains every day. There are many ways to add whole grains to your menu. Here are a few examples.

1. Choose whole grain cereals
2. Choose whole wheat bread instead of white bread.
3. Replace up to 1/2 of the white flour with whole wheat flour in your recipes.
4. Add brown rice to a casserole or soup.

5. Choose whole grain pasta.
6. Buy corn or Whole grain tortillas instead of flour tortilla's.
7. Add cooked barley to soup.
8. Choose whole grain crackers for snacks.

(Adapted from the Minnesota WIC Program)

