

Kalamazoo County Human Services

Nourishing News

W.I.C. Highlights

Walk-In Hours

Tuesday by Appointment ONLY.

8:00 a.m. – 3:00 p.m. on Monday, Wednesday, Thursday, and Friday

8:00 a.m. – 6:00 p.m. on first Thursday of the month

A WIC Dietitian is available for free nutrition counseling. Call to 373-5002 to schedule an appointment.

5 A Day Tip

Add some variety and color to your next summer BBQ. Wash and cut your favorite vegetables into chunks, spray lightly with cooking spray, sprinkle with desired seasoning or sauce, put on skewers and roast on grill 12-15 minutes. Some tasty suggestions are tomatoes, peppers, squash, mushrooms and broccoli. Make it a meal by adding meat.



Summertime Food Safety

1) When handling raw meat, make sure to wash all cutting boards, utensils and counter-tops.

- 2) Marinate raw meat on the bottom shelf in the fridge so that it doesn't contaminate or drip onto other foods.
- 3) Don't thaw meat on the counter. It is best to thaw meat in the fridge. However, if you thaw raw meat in the microwave, you must cook it immediately.
- 4) When meat is cooked, place on a clean plate to prevent cross-contamination and salmonella food poisoning.
- 5) At picnics and after meal times, refrigerate food promptly. Do not leave food at room temperature for more than two hours. After two hours, bacteria can grow, and if the food is eaten, it could cause illness.

Spotlight On Amanda Hulet, Breast Feeding Coordinator

- Are you a breastfeeding mom with questions or concerns?
- Would you like to have your questions answered over the phone or have a specialist visit your house?
- Would you like information on breastfeeding twins, returning to work while breastfeeding,

ways to help the baby latch on?

- Would you like to learn how to receive a free breast pump?

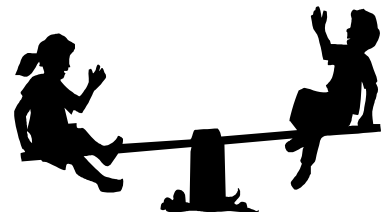
If you are interested, please call Amanda at 383-8830. There is no charge for this program!



Fun In The Sun – Activities To Do This Summer!

With the warm weather outside and kids home for the summer, encourage the children to turn off the TV and computer and play outside. Build strong bones and fight off heart disease by aiming for at least one hour of active play each day. Remember to drink plenty of water before, during and after exercise.

- Swim at the local pool
- Visit a playground
- Go to a park
- Ride bikes
- Roller-skate
- Jump rope
- Walk the dog
- Play catch
- Run through a sprinkler



Back To School News

Vision & Hearing Testing

373-5008, -5031

Free testing, call for an appointment. Vision and Hearing is required for all children entering Head Start, Kindergarten, and PEEP.

Well Child Clinic

373-5100

For children 0-18 years who don't qualify for Medicaid. Free services, appointment needed. Services include physicals for school, sports, camp and daycare.

Head Start Enrollment

373-5006

For eligible children ages 3-5. Walk in every day but Wednesday.

Immunization Clinic

Is your child up-to-date on all immunizations and shots? If not, come to one of our free immunization clinics at Nazareth Complex, 3299 Gull Road. *Remember to bring child's immunization record.*

Thursday, August 5

4:00 – 7:00 p.m.

Saturday, August 28

10:00 a.m. – 2:00 p.m.

Monday, August 30

4:00 – 7:00 p.m.

Thursday, September 2

4:00 – 7:00 p.m.

Free Fruits & Vegetables

Would you like some FREE fruits and vegetables? From now until October, visit one of the sites listed below. Bring a bag to fill; no income needed.

Eastside Community Center

Every Thursday

8:30 – 10:00 a.m.

Northside Assistance

1308 North Burdick

Every Friday

10:00 a.m. – 12:00 noon

Dairy Queen on East Main

Every Thursday

8:30 – 10:00 a.m.

Recipe Corner

Berry Smoothie

Ingredients

1 cup frozen berries (strawberries, blueberries, raspberries)
8 oz. lemon or vanilla low-fat yogurt
¼ tsp. cinnamon
1 cup milk
1 tsp. sugar

Directions

1. Place ingredients into blender.
2. Blend until smooth and creamy.
3. Serve chilled.



Baked Chicken Nuggets

4 servings (3 oz. each)

Ingredients

1½ chicken thighs or breasts, boneless, skinless
1 cup Cornflakes cereal
1 tsp paprika
½ tsp Italian herb seasoning
¼ tsp garlic powder
¼ tsp onion powder

1. Preheat oven to 400° F.
2. Cut chicken into bite size pieces.
3. Place Cornflakes in plastic bag and crush with rolling pin.
4. Add remaining ingredients to Cornflakes, close bag, shake until blended.
5. Coat chicken pieces evenly with mixture and place on greased cookie sheet.
6. Bake until golden brown, 12-14 minutes.

***“If we eat wrongly,
no doctor can cure
us. If we eat
rightly, no doctor
is needed.”***

– Dr. Victor G. Rocine



Human Services Department

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