

Kalamazoo County Human Services

Nourishing News

W.I.C. Highlights

New Clinic Hours

We are now open late every Thursday and closed on Tuesday.

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

Tuesday
CLOSED



Thursday
10:00 a.m. – 6:00 p.m.

Nutrition or Feeding Concerns?

See Stacey, the dietitian/nutritionist at WIC for free. Call 373-5084 for an appointment. Meet with the Stacey and work together to make changes that will make you and your child healthier. Some reasons why you should see the dietitian:

- Learn how to eat healthy during pregnancy
- Tips for weight gain during pregnancy
- Receive information on what age to introduce certain foods to babies
- Food safety information
- Tips for weight gain for babies and children
- Tips for controlling weight for overweight children
- Help with formula/feeding problems

Project Fresh Alert

Be on the lookout for Project Fresh, starting at the end of July. Pregnant and breastfeeding women, non-lactating women up to 6 months postpartum, and children over 1 year old qualify for this exciting program. Eligible people will receive coupons for free fruits and vegetables from the Farmer's Market. You will be receiving a letter in the mail with more information.

Recipe Corner

Peanut Butter Fruit Dip

Makes seven servings for 3 – 5 year olds.

Ingredients

½ cup plain low-fat yogurt
½ cup orange juice
a cup peanut butter

Instructions

- 1) In a mixing bowl, blend yogurt, orange juice, and peanut butter until very smooth.
- 2) Chill. Serve with apple slices, bananas, strawberries, graham crackers, or vegetables.

Mac 'N Cheese Pie

6 servings

Source: <http://www.kraftfoods.com>

Ingredients

1 pack (14 oz.) macaroni & cheese
2 cups small broccoli florets
4 eggs
1 cup cubed ham

½ cup shredded cheddar & Monterey jack cheese

Instructions

- 1) Preheat oven to 350 degrees F. Spray pie plate with cooking spray. Cook pasta in boiling water until tender, adding broccoli during last 2 minutes of cooking time; drain.
- 2) Beat eggs in bowl. Stir in cheese sauce and ham until well blended. Pout egg mixture over pasta; stir to combine.
- 3) Spoon into prepared pie plate. Sprinkle with cheese. Bake 30 minutes or until golden brown.

Banana Pudding

10 servings

Source: www.allrecipes.com

Ingredients



8 oz light sour cream
8 oz light frozen whipped topping, thawed
1 pack (5 oz.) instant vanilla pudding mix
2 cups 2% milk
1 pack (16 oz.) vanilla wafer cookies
4 bananas, peeled and sliced

Instructions

- 1) In large bowl, combine sour cream, whipped topping, pudding mix and milk. Stir well.
- 2) In the bottom of a glass serving bowl, put a layer of cookies, then a layer of pudding mixture, then a layer of bananas.
- 3) Repeat until all ingredients are used. Refrigerate until serving.

Teaching Your Child to be a Good Eater

Ellyn Satter

As a parent, you decide *what, when* and *where* your child will eat. Your child decides *how much* and *whether* she/he eats.


Parent's job:

- Have a schedule for meals and snacks.
- Refuse begging for food or drink in-between meal and snack times. If the child is thirsty, you can give water.
- Choose what to buy, cook and offer at the table.
- Turn off the TV and radio.
- Talk and listen to your child.

Child's job:

- Come to the table ready to eat.
- Pick and choose from the foods the parent put on the table.
- Decide how much and if she/he will eat.
- Try new foods.

Healthy Eating Tips for the Whole Family:

- Be a role model for healthy eating. Kids learn and do what their parents do.
- Keep fruits and veggies out on the table ready to eat. Try them with dips like yogurt, low-fat ranch dressing or hummus.
- Go to the library and check out healthy cookbooks to find ways to prepare the food. 
- Buy one new fruit or vegetable when you grocery shop and try it as a family.
- Get your children be involved in food preparation. Have them pick out the vegetable for dinner or have them make their own snacks.

Thirsty? Read On.

- The National Academy of Pediatrics recommends giving your child no more than 4 – 6 ounces of juice a day.
- To prevent dental cavities, don't allow your child to carry a cup of juice and sip all day. If your child likes to carry a cup with them, fill it with water.
- Don't put juice in a bottle or sippy cup. Put juice in a regular cup and dilute it with water and offer to baby at 6 months of age. This makes weaning from the bottle easier and helps develop the baby's muscles around the mouth.
- If your kids don't like plain water, try putting an orange, lemon or lime slice in the glass.

The New Food Guide Pyramid

Source: Kids Health web site

The food guide pyramid has been rebuilt! The biggest change is that the food groups are no longer horizontal blocks of the pyramid. Now, a rainbow of colored, vertical stripes represents the five food groups, as well as fats and oils. Here's what the colors stand for:

Orange – grains

Green – vegetables

Red – fruits

Blue - milk and dairy products

Purple - meat, beans, fish, and nuts

Yellow – oils



The U.S. Department of Agriculture (USDA) changed the pyramid because they wanted to do a better job of telling Americans how to be healthy. Notice the guy climbing the staircase up the side of the pyramid. That's a way of showing how important it is to exercise and be active. For a kid, that means playing a lot! The steps are also a way of saying that you can make changes little by little to be healthier.

The Pyramid Speaks

Look at some of the other messages this new symbol is trying to send:

Eat a variety of foods. A balanced diet includes all the food groups.

Eat less of some foods, and more of others. You can see that the bands for meat and protein (purple) and oils (yellow) are skinnier than the others. That's because you need less of those kinds of foods than you do of fruits, vegetables, grains, and dairy foods. You also can see the bands start out wider and get thinner as they approach the top. That's designed to show you that not all foods are created equal, even within a healthy food group like fruit. For instance, apple pie might be in the thin part of the fruit band because it has a lot of added sugar and fat. A whole apple would be down in the wide part because you can eat more of those within a healthy diet.

Make it personal. You can get personalized recommendations about the mix of foods you need to eat and how much you should be eating through the USDA's MyPyramid web site at <http://www.mypyramid.gov/>. The USDA has said that a kids' version of the pyramid will be available soon.

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Human Services Department