

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.

Recipe Corner

Roasted Winter Vegetables

Ingredients

- 3 carrots, washed and cut into 1-inch pieces
- 2 cups brussel sprouts, washed, trimmed
- 1 medium onion, cut into wedges
- 1½ cups chicken or vegetable stock
- 9 small white button mushrooms, cleaned
- 1 medium sweet potato, peeled and cut into 1-inch pieces
- 1 T olive oil
- ¼ tsp dried oregano
- ¼ tsp pepper

Instructions

- 1) Preheat oven to 400° F. In a mixing bowl, toss the vegetables with oil, oregano and pepper.
- 2) Place the vegetables in a roasting pan. Pour the stock into the bottom of the pan. Roast for 45 minutes, stirring and turning carefully every 15 minutes.

- 3) Check to see if the vegetables are tender. If not, cook 15 minutes longer at 400° F. If they are tender, turn the oven up to 425° F and continue to roast for 10 – 15 minutes more.

Tip: Try other winter vegetables, like white potatoes, turnips, rutabagas, or your personal favorites.

Great Black Bean Soup

Ingredients

- 1 large can black beans (drained)
- 1 can stewed tomatoes
- 1 small red bell pepper, chopped
- 1 small white onion, chopped
- 3 cloves garlic, coarsely chopped or ½ tsp garlic powder
- 1 jalapeño pepper, sliced (optional)
- 1 carrot, sliced
- ½ cup corn kernels (frozen is better, but canned is good too)
- Any other vegetable you would like
- 1 tsp olive oil
- ½ tsp oregano

Instructions

- 1) In a medium sized frying pan, sauté jalapeno and garlic in olive oil. Add oregano. Sauté until slightly soft.
- 2) Blend the can of tomatoes, garlic, and jalapeno in blender until liquefied.
- 3) Sauté red pepper, onion, and carrot in frying pan.



- 4) In a saucepan, put in drained beans and tomato mixture. When that begins to boil, add the red pepper, onion, and corn.

Source: <http://www.vegweb.com/food>

Choc-Oat-Chip Cookies

These cookies are packed with fiber! Have a glass of milk to help wash down this delicious dessert.

Ingredients

- 1¾ cups flour
- 1 tsp baking soda
- 1¼ cups packed brown sugar
- 1 cup (2 sticks) margarine, softened
- ½ cup sugar
- 2 large eggs
- 1 T milk
- 2 tsp vanilla extract
- 2½ cups quick or old-fashioned oats
- 2 cups (12-oz. pkg) chocolate chips
- 1 cup chopped nuts (optional)

Instructions

- 1) Preheat oven to 375° F.
- 2) Combine flour, baking soda and salt in small bowl. In a large bowl, beat brown sugar, butter and sugar until creamy. Beat in eggs, milk and vanilla extract. Gradually beat in flour mixture. Stir in oats, chocolate chips, and nuts; mix well. Drop by rounded tablespoon onto ungreased baking sheet.
- 3) Bake for 9 – 10 minutes for chewy cookies or 12 – 13 minutes for crispy cookies.



Extra Milk Ideas

Do you have extra milk from your WIC coupons and don't know how to use it up? Here are some suggestions:

- Heat milk and make hot cocoa for the kids.
- Use milk instead of water for soups – it'll make soup creamier.
- Buy instant pudding mix and make a calcium-rich dessert.
- Use milk instead of water when making oatmeal.
- Ask WIC staff to give you less milk and more cheese coupons.



A Snowball of Fun!

Here are some activities to do in the winter months to keep your heart healthy and prevent holiday weight gain.

- Make a snowman
- Take a walk around the neighborhood and look at the decorations and lights
- Take the children sledding
- Go ice-skating
- Shovel the driveway instead of snow blowing
- Play in the snow; make snow angels
- Have a snowball fight



Attention All Women!

Prevention of birth defects begins before you are pregnant!

Are you getting your folic acid? Folic acid may prevent up to 70% of birth defects of the brain and spine! Eating foods high in Folate (folic acid) and taking a vitamin can prevent birth defects like Spina bifida or "open spine," and learning disabilities. (You can also take a generic brand multi-vitamin every day.) Here are some foods high in folic acid:



- Cereals*
- Orange juice*
- Cooked beans*
- Citrus fruits
- Leafy green vegetables like spinach
- Whole grain breads

* All available on WIC coupons.

Got Breastmilk?

Do you want to give your baby the best milk? This milk is fortified with protective antibodies, fatty acids, and vitamins and minerals. This milk is all natural with easy to digest proteins and fats. It is also always available and free. What is this amazing milk? Breastmilk! WIC encourages moms to breastfeed and give their babies the best nutrition possible! If you have questions or would like to talk to our breastfeeding peer counselor, please call Amanda at 383-8830.

Famous Women Who Breastfed

Anita Baker, singer
Christie Brinkley, model
Celine Dion, singer

Kathie Lee Gifford, talk show host and singer
Faith Hill, singer
Michael Jordan's Mom breastfed him for 3 years and said "I feel this is why he is the athlete he is."
Pamela Anderson (with implants)
Madonna, singer and actress
Demi Moore, actress
Mary Lou Retton, gymnast, Olympic gold medallist
Maria Shriver, actress/news correspondent
Cheryl Swoopes, WNBA player

Kalamazoo County WIC Now Online

Do you want to find out how WIC works and who's eligible for WIC? Need to know how to use your WIC coupons or find out what foods you can buy with them? Having problems breastfeeding or want to know what Project Fresh is? Come visit us online at

<http://www.kalcounty.com/hsd/wic/wicworks.html>

These are the sections you will find on our web site; we hope you visit us soon!

- ▶ How WIC Works
- ▶ Who Is Eligible
- ▶ WIC Foods
- ▶ Breastfeeding
- ▶ Project Fresh
- ▶ Clinic Locations
- ▶ News & Updates
- ▶ Online Forms
- ▶ FAQ's
- ▶ Resource Links
- ▶ Contact Us

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Human Services Department