July - Sept. • 2009

Central District Health Department

Women
Infants
Children

The WIC Informer

Back Issues of this publication are available on our website: cdhd.idaho.gov

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New WIC Food Package in October 2009

Beginning October 1, 2009, the Idaho WIC Program will be rolling out a new food package. While you can't buy these foods right now with your WIC vouchers, you can check the grocery store where you shop to see what they stock.

100% whole wheat bread or yellow or white corn tortillas will be authorized WIC foods. The brands to select from are:

BREAD

Oroweat 20 oz 100% Whole Wheat	Oroweat 24 oz 100% whole wheat bread
Franz 16 oz 100% Whole Wheat Bread	Franz 16 oz 40 calorie per slice 100% whole wheat bread
Franz 20 oz 100% whole wheat bread	Franz 24 oz 100% whole wheat bread
Classic Wheat 2 lbs Premium whole Grain or Multi-grain Bread	Sara Lee 16 oz Classic 100% Whole Wheat Bread
Sara Lee 20 oz Soft and smooth 100% Whole Wheat Bread	Sara Lee 24 oz soft and Smooth 100% Whole Wheat Bread

TORTILLAS

Casa Valdez 12 oz soft tortillas	Mission 16 oz (24 count) Yellow corn extra thin tortillas	La Burrita 16 oz soft corn tortillas corn

A voucher for **fresh** fruits and **fresh** vegetables (no white potatoes) will be issued to children, and pregnant, breastfeeding and non-nursing women.

- Children will receive a $6 cash value voucher each month.
- Pregnant Women will receive an $8 cash value voucher.
- Fully breastfeeding women will receive a $10 cash value voucher.
- Partially breastfeeding women will receive an $8 cash value voucher.
- Non-breastfeeding women will receive an $8 cash value voucher.

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We're A Tobacco Free Zone

To protect the health of everyone at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. Thank you for your cooperation.

The WIC Program is an equal opportunity provider and employer.

In-Season Fruits & Vegetables - Summer (June - Aug)

Fruit/Vegetable	Vitamins
Apricots	C
Broccoli	A & C
Nectarines, Peaches	A
Peppers	C
Cantaloupe	A & C
Plums, Prunes	A
Tomatoes	A & C

Fruit/Vegetable	Vitamins
Corn	
Cherries	
Cucumbers	
Grapes, green	
Honey Dew	
Blackberries, Blueberries	

Fruit/Vegetable	Vitamins
Green Beans, Peas	
Beets	
Pears	
Zucchini	
Watermelon	

Clinic Locations & Hours

Ada County
Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:
Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-7:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County
Contact Ada County Office
to schedule an appointment
Tel (208) 327-7488
Fax (208) 321-2243

Elmore County
Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours
Mon – Fri 8:00-5:00
1st & 3rd Wed 9:00-6:00

Valley County
McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours
Tues & Thurs 8:00 – 4:30

Cascade Medical Center
3rd Tuesday of every month
Contact McCall office to
schedule an appointment
Tel (208) 634-7194
Fax (208) 634-2174

Clinics closed on
all government holidays

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You might want to try buying some fresh fruits and vegetables with your own money or food stamps and see what combinations will be at or under the cash value voucher amount that you would receive.

Note: *the cash value voucher will not pay for party trays, deli and salad bar options, dried, canned or frozen fruits and vegetables, or herbs.*

For babies: 4 oz single variety or combination plain fruits and single variety or combination vegetable in 4 oz jars by Beechnut, Gerber, and Nature's Goodness.

For fully breastfed infants only as a bonus: 2.5 ounce jars of any variety of meat by Beechnut, Gerber or Nature's Goodness. Added broth/gravy allowed but no added ingredients or dinners.

The WIC Program is very excited about these changes. Clients will begin seeing the changes on their checks beginning with appointments in October. We are rolling out the changes slowly starting with October to allow stores time to adequately stock the authorized foods, staff time to make all the changes in the vouchers, and to give clients time to learn about the new changes.

Helping Your Child Try New Foods

By Jennifer Wadner, ISU Dietetic Intern

Young children are often reluctant to try new foods. This is normal. You may have to offer a food several times before your child will try and accept it. Do not become discouraged. Continue to offer new foods.

Important Tips!

- Do not force or bribe your child to try a food. Be patient. Offer them a very small portion to try.
- Do not reward your child with food or punish them by withholding food. This can lead to unhealthy attitudes about food.
- Be a good role model. If your child sees you enjoying many types of foods, he or she will be more likely to try new foods and accept them.
- Serve one new food along with other foods your child already knows and enjoys.
- Some children are more willing to try plain foods that are served separately. Other children are more likely to try a new food if it is mixed with other foods that they already like, such as in a casserole or pasta. Try both to see which works better for your child.

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Be Creative!

- Giving a food a fun name can increase the likelihood your child will eat it. For example, "X-Ray Vision Carrots" and "Dinosaur Broccoli Trees."*
- Involve your child in preparing a new food and make a big deal of serving "Suzie's Salad" or "Jack's Green Beans."
- Cut foods into fun shapes with cookie cutters.

Sources: http://www.mypyramid.gov/preschoolers/HealthyHabits/PickyEaters/newfoods.html
http://www.rwjf.org/childhoodobesity/digest.jsp?id=9788&c=OTC-RSS&attr=DI

Fun Fruit Kabobs

Apple
Banana
1/3 cup red seedless grapes
1/3 cup green seedless grapes
2/3 cup pineapple chunks
1 cup nonfat yogurt
1/4 c. dried coconut, shredded or granola, nuts or raisins. Use your imagination!
** Use nuts and raisins only if child is 2 years or older*

*Could also try watermelon, strawberries, cantaloupe, cherries, blackberries or kiwi! Be creative!

Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate. Spread coconut or granola, nuts or raisins onto another large plate. Have child slide pieces of fruit onto the skewer and design their own kabob by putting as much or as little of whatever fruit they want! Do this until the stick or straw is almost covered from end to end. Have child hold their kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut, granola, nuts or raisins. Repeat these steps with another skewer.

Serves: 4
Serving size: 1 kabob

Source: http://kidshealth.org/kid/recipes/recipes/fruit_kabobs.html

Breastfeeding Myths

By Cindy O'Neil, RD, LD

Many women do not produce enough milk. FALSE

The most common causes of milk supply problems are infrequent feedings and/or poor latch-on and positioning. A mother can increase her breast milk supply by breastfeeding more frequently and for a longer time. A baby needs to have a good latch on the breast to get the milk the mother has produced. Often a mother who thinks she is not producing enough milk has started giving formula to her baby. For every ounce of formula the baby receives the mother then produces less breast milk.

Breast fed babies need water. FALSE

Breast milk provides all the water a baby needs even in hot weather. The foremilk or first milk in a feeding has more water than later in the feeding and satisfies thirst. At 6 months of age it is okay to offer water in a cup to the breastfed baby.

Pumping tells you how much milk the baby is getting. FALSE

Pumping breast milk depends on a number of factors and does not mimic a baby at the breast. A baby breastfeeding directly at the breast with a good latch is more efficient than pumping. Pumping does not tell how much breast milk is produced. Pumping only tells how much breast milk the mother was able to pump.

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A sick mother should not breast feed. FALSE
Continuing to breastfeed while the mother is ill often provides the baby with protective antibodies to the mother's illness. By the time a mother has a cough, fever, diarrhea, or vomiting she has already exposed the baby to the illness and the best protection for the baby is continued breastfeeding.

The mother should stop breastfeeding if the baby is sick. FALSE
Breastfeeding provides comfort and is the best source of nutrition for a sick baby.

Women with small breasts produce less milk than women with large breasts. FALSE
Breast milk production is not related to the size of the mother's breasts. Women with all sizes of breasts are able to breastfeed.

Women with flat or inverted nipples cannot breastfeed. FALSE
Mothers with flat or inverted nipples can breastfeed. Attaining a good latch is very important. A good latch is a deep asymmetrical latch with the baby's top lip close to the nipple and the bottom lip farther away from the nipple on the areola. Babies breastfeed on the breast not the nipple and it is not necessary for the nipple to protrude for the baby to latch and breast feed.

http://www.llli.org/NB/LVAprMay98p21NB.html • http://www.drjacknewman.com/

ROOTS OF READING - (Part two)

Literacy is in the news these days. Most school learning relies on strong reading skills – children who struggle with reading find school to be very frustrating. Recent research shows that the foundation for reading is laid throughout the early childhood years. Even in the first year of life, babies are learning skills that will be important to their ability to read years later.

Printed Word:
Children who are interested in books and their content turn out to be good readers when they get older. Parents can help their children develop interest in the printed word by reading to them regularly. You can start a regular reading time at any age – even when your children are babies. Reading a book with an infant or toddler combines a warm lap and hugging arms with the story and pictures – so many good things rolled into one. Don't be surprised if your child wants to hear the same story over and over again. That's one way children learn new words and ideas.

Take Time to:
Read – children will enjoy holding the book and turning the pages. Keep books within reach of your young children – they'll pick them up and "read" them on their own. Durable cardboard books can be handy at this age as young children learn to take care of books.

Writing:
Parents look forward to the time when children will write letters on their own. However, there is a lot of learning that needs to take place first. The coordination it takes to write starts in the earliest years, as children learn to pick up cheerios to eat, stack blocks, squish play-doh, or button their own buttons. Some of the earliest practice for writing comes from finger painting, or drawing in the sand.

Take Time to:
Provide paper and crayons, markers and pencils for your child to scribble and draw. You'll enjoy seeing the skills that develop with practice.

Hearing language used meaningfully in the routines of the day is the most powerful "language lesson".

Harriet Shakelee, PdD - Family Development Specialist • University of Idaho - College of Agricultural and Life Sciences

Part one of this series can be found in the Apr. - June edition of the WIC Informer. Look for it under WIC at cdhd.idaho.gov