



The WIC Word



June, July, August 2016

Oconto County

Dates for draft pick-up for the next few months are as follows:

Oconto

Pick-up Day	Alternate Day
Court House	Court House
8:00-12:00;	8:00-12:00;
1:00-4:00pm	1:00-3:30pm
Thursday	Monday
July 7	11
Aug 4	8

Due to being closed Sept 5 for Labor Day our Pick Up Days will be Thursday Sept 1 and Tuesday Sept 6

Oct 6	10
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Oconto Falls

Pick-up Day	Pick-up Day
Oconto Falls	Oconto Falls
Visions of NEW	Visions of NEW
8:30- 12:00;	9:00-12:00
1:00-4:00pm	1:00-5:00
Tuesday	Wednesday
July 12	13
Aug 9	10
Sept 13	14
Oct 11	12

Mountain

Pick-up Day	Alternate Day
Mountain Bldg.	Oconto Falls
9:00-3:00	9:00-12:00;
	1:00-5:00pm
Wednesday	Wednesday
July 6	13
Aug 3	10
Sept 7	14
Oct 5	12

~WIC News~

The WIC Office will be **CLOSED** on the following days: **July 4th**

◆ In the future, if you do not have a scheduled appointment or scheduled pick-up please call ahead to make sure the office is open.

Important phone numbers

Oconto (920) 834-7072
Oconto Falls (920) 373-1285
Mountain (920) 373-1285



WIC Farmer's Market Checks

From July 1st to September 30th we will begin to offer checks for you to use at locally approved farmer's markets. The Farmer's Market Nutrition Program offers \$20 per summer to each eligible family. The checks can be used anytime from July 1st – October 31st to purchase any Wisconsin-grown vegetable, fruit or fresh herb. You may use your farmer's market checks in other counties as long as they are WIC approved stands or markets (lists will be provided). **Please note, checks will only be issued upon request!**



Tips to Make Farmer's Market Shopping Easier:

-  Bring a reusable bag or basket to put your items in
-  You'll find better produce around the middle of summer, somewhere around the 4th of July
-  Bring small bills or quarters in case you go over the amount of the WIC checks
-  Let the kids pick out their favorite fruits and veggies. They'll be more excited to eat them.

August is National Breastfeeding Month!!!

Storage of Breastmilk

After pumping:

- It is best to refrigerate or chill milk right after it is expressed (can be at room temp up to 4 hours)
- Label the date on the storage container and always use the oldest dated milk first
- Stored breastmilk tends to separate in its container into two parts, what looks like cream rising to the top and then lighter colored milk. Human milk can look clear, bluish, yellowish, or brownish. Gently swirl the container to mix the “cream” back into the rest of the milk. Shaking the milk is not recommended as it can cause a breakdown of some of the milk’s valuable components.

When freezing milk:

- Wait to tighten the bottle caps or lids until the milk is completely frozen
- Try to leave an inch or so from the milk to the top of the container because it will expand when freezing
- Freeze the milk in small amounts, such as 2 to 4 ounce servings, to reduce waste if the baby does not finish all of it
- The milk is good in the refrigerator 2-3 days, in a regular freezer for 3 months, and a deep freezer up to 6 months.

Thawing and warming up milk:

- Breastmilk does not need to be warmed
- If you want to warm the milk, never put a bottle or bag of breastmilk in the microwave. This can create hot spots that could burn your baby and damage the components of the milk
- Hold the bottle or frozen bag of milk under cool/warm water for a few minutes until it thaws, then warm to a comfortable temperature
- You can also allow frozen milk to thaw at room temperature on a counter or other clean surface
- Swirl the milk and test the temperature by dropping some on your wrist; it should be comfortably warm
- Thawed milk needs to be used within 24 hours

Breastfeeding App

Coffective – step by step app

Rhubarb Crisp

Rhubarb Crisp
Total Time: 1 hr
Prep: 20 min
Cook: 40 min



Ingredients

Topping:

- 1/4 cup roughly chopped walnuts
- 1/4 cup old fashioned oats (not instant)
- 1/4 teaspoon cinnamon
- 3/4 cup flour
- 1/3 cup light brown sugar
- 1 tablespoon sugar
- 4 tablespoons unsalted butter

Filling:

- 2 1/2 pounds rhubarb, cut into 1/2-inch pieces
- 1/2 cup plus 2 tablespoons sugar
- 3 tablespoons all-purpose flour

Directions

- Preheat oven to 400 degrees. Set rack in the center of the oven. Prepare the topping by placing all of the topping ingredients into a food processor. Pulse or mix until the mixture is crumbled to the size of small peas; do not over process. Set aside. Pour the rhubarb directly into a large, shallow baking dish and sprinkle with 1/2 cup plus 2 tablespoons sugar and 3 tablespoons of flour to coat evenly. Spread crisp topping over entire surface. Bake until fruit is bubbly and the top is golden brown, approximately 30 to 40 minutes. Serve warm or room temperature, plain or a la mode.

This Institution is an equal opportunity provider.