

The WIC Word

September, October, November 2016

Oconto County



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

Oconto

<u>Pick-up Day</u>	<u>Alternate Day</u>
Court House	Court House
8:00-12:00; 1:00-4:00pm	8:00-12:00; 1:00-4:00pm
Thursday	Monday
Nov. 3	Nov. 7
Dec. 8	Dec. 12
Jan. 5	Jan. 9
Feb. 2	Feb. 6

Oconto Falls

<u>Pick-up Day</u>	<u>Alternate Day</u>
Oconto Falls; Formerly Visions	
8:30-12:00; 1:00-4:00pm	9:00-12:00; 1:00-5:00pm
Tuesday	Wednesday
Nov. 8	Nov. 9
Dec. 13	Dec. 14
Jan. 10	Jan. 11
Feb. 7	Feb. 8

Mountain

<u>Pick-up Day</u>	<u>Alternate Day</u>
Mountain Bldg.	Oconto Falls
9:00-3:00	9:00-12:00; 1:00-5:00pm
Wednesday	Wednesday
Nov. 2	Nov. 9
Dec. 7	Dec. 14
Jan. 4	Jan. 11
Feb. 1	Feb. 8

~WIC News~

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

September 5th, November 24th, and November 25th

- ◆ 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.

New food list starting November 1st!!!



Important phone numbers

Oconto (920) 834-7072

Oconto Falls (920) 373-1285

Mountain (920) 373-1285

Flu Vaccines

Flu season is upon us and Oconto County Public Health is once again offering the annual flu vaccine! This vaccine will be available starting



October 5th at our 3 WIC clinics (Mountain, Oconto Falls, and Oconto). Children with Badger Care, medical assistance or NO insurance may receive a free vaccine. Adults can receive a free vaccine if enrolled in Badger Care, Medicare, or medical assistant. Uninsured and privately insured adults will need to pay \$25 to receive the vaccine. Pregnant women are encouraged to get the vaccine to protect themselves, their unborn baby, and also for continued protection of the baby after birth.

Due to a decision made by the CDC, FluMist will not be available for the 2016-2017 flu season

Farmer's Market Checks

You only have a couple more months to use your Farmer's Market checks! Farmer's Market checks expire on **October 31st**. If you have any questions about Farmer's Market checks, please call the WIC office.



10 Steps to a Great Lunch

It's that time of year again, school is starting. Here are some steps to a great lunch:

1. **Choose fruits and vegetables.** They make your plate more colorful and they are packed with vitamins and fiber. It is a good idea to eat at least five servings of fruits and vegetables every day. A serving of carrots is ½ cup or about 6 baby carrots. A fruit serving could be one medium orange.
2. **Know the facts about fat.** Kids need some fat in their diets to stay healthy but you do not want to eat too much of it. Fat is found in butter, oils, cheese, nuts, and meats.
3. **Let whole grains reign.** "Grains" include breads, cereals, rice, and pasta. But as we learn more about good nutrition, it is clear that whole grains are better than refined grains.
4. **Slurp sensibly.** It is not just about what you eat — drinks count, too! Milk has been a favorite lunchtime drink for a long time. If you do not like milk, choose water. Avoid juice drinks and sodas.
5. **Balance your lunch.** When people talk about balanced meals, they mean meals that include a mix of food groups: some grains, some fruits, some vegetables, some meat or protein foods, and some dairy foods such as milk and cheese.
6. **Steer clear of packaged snacks.**
7. **Mix it up.** Do you eat the same lunch every day? Keep your taste buds from getting bored and try something new. Eating lots of different kinds of food gives your body a variety of nutrients.
8. **Quit the clean plate club.** Try to listen to what your body is telling you. If you feel full, it is OK to stop eating.
9. **Use your manners.**
10. **Do not drink milk and laugh at the same time!**



Homemade Yogurt With Apple Compote



Total Time: 50 min

Prep: 20 min

Cook: 30 min

Ingredients

- 4 cups whole milk
- 1/4 cup nonfat dry milk
- 1/4 cup maple syrup (optional)
- 1/4 cup plain yogurt with active cultures
- For the Apple Compote:
- Combine 6 cups diced peeled Granny Smith apples, 1/4 cup brown sugar, 1 teaspoon vanilla extract, 1/4 teaspoon ground cinnamon, a pinch of salt and 1/4 cup water in a skillet over medium heat. Simmer until soft, stirring, about 30 minutes.

Directions

- Heat the milk in a large saucepan over medium-low heat until a thermometer registers 185 degrees F. (The milk should be steaming but not boiling.) Turn off the heat and slowly whisk in the dry milk. Whisk in the maple syrup, if using. Let the milk mixture cool to 110 degrees F, 20 to 30 minutes. Whisk in the plain yogurt.
- Pour the milk mixture into a large jar or glass bowl. Cover with a kitchen towel or plastic wrap vented with a few holes. Set aside in a warm place (90 degrees F to 105 degrees F), such as near a heater or in a cooler with a thermos filled with hot water, 12 to 18 hours. (The longer it sits, the thicker and tangier the yogurt will be.)
- Transfer the yogurt to the refrigerator; chill at least 8 hours. Stir before serving.
- Photograph by James Baigrie

Recipe courtesy of Melissa d'Arabian for Food Network Magazine

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