

The WIC Word

December, January, February 2015.2016



Oconto County

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 offering the annual flu vaccine! This vaccine is available at our 3 WIC clinics (Mountain, Oconto Falls, and Oconto). Children with Badger Care, medical assistance or NO insurance may receive a free vaccine. Children ages 2-18 with no previous medical issues may have the option to get the Flu Mist (non-injectable, live virus). 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.



***A few friendly reminders for the upcoming winter months:

- 1) **Closing due to weather** — during this time of year, the weather is unpredictable. It's more important during the winter months to call ahead if you missed an appointment or forgot to pick-up your benefits on the designated day.
- 2) If you or your child is sick, please call the WIC office to reschedule your appointment!
- 3) Please bring all the information requested, usually (proof of address, all household income, benefit card, and forward health cards—if applicable) to each appointment. Thank you!

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

Oconto

Pick-up Day	Alternate Day
Court House 8:00-12:00; 1:00-4:00pm Thursday	Court House 8:00-12:00; 1:00-4:00pm Monday
Dec. 3	7
Jan. 7	11
Feb. 4	8
March 3	7

Oconto Falls

Pick-up Day		
Oconto Falls; Formerly Visions 8:30-12:00 1:00-4:00 Tuesday	9:00-12:00 1:00-5:00 Wednesday	
Dec. 8	9	
Jan. 12	13	
Feb. 9	10	
March 8	9	

Mountain

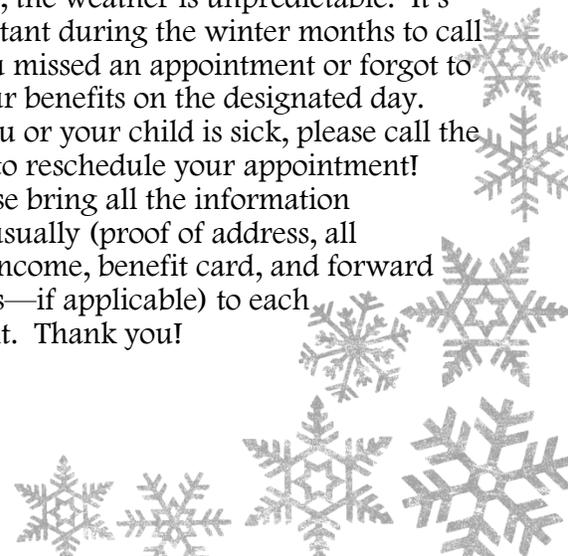
Pick-up Day	Alternate Day
Mountain Bldg. 9:00-3:00; Wednesday	Oconto Falls 9:00-12:00; 1:00-5:00pm Wednesday
Dec. 2	9
Jan. 6	13
Feb. 3	10
March 2	9

~WIC News~

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

December 17th @ 1:30 pm, 24th, 25th, 31st, and January 1st.

- ◆ 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.



February is: **National Children's Dental Health Month**

Teeth are important in many ways! If you take care of them, they'll help take care of you.

Taking care of your teeth helps prevent plaque, which is a clear film of bacteria that sticks to your teeth.

After you eat bacteria goes crazy over the sugar, like ants at a picnic. The bacteria will break sugar down into acids that eat away at the tooth, causing cavities.

How You Can Keep Your Teeth Healthy

- Brush at least twice a day – after breakfast and before bedtime. If you're able to, it's great to also brush after lunch and snack times.
- Brush all your teeth, not just the front ones. Spend time on your back teeth and both sides of all teeth as well.
- Take your time brushing. Brushing your teeth should last 2 minutes.
- Be sure to use soft bristles and get a new tooth brush every 3 months.
- Ask your dentist about antibacterial mouth washes.
- Learn how to floss your teeth. Floss gets rid of the food that is hiding.
- Don't forget to brush your tongue as well.

It's also very important to visit a dentist twice a year!



Eating Healthy Throughout the Holidays

During the holidays, yummy food and tasty treats are everywhere. It would be so easy to let your healthy eating habits slide but holidays can still be healthy.

Here are some tips to help you and your family stay on track this holiday season:

- Nibble on healthy snacks like whole grain crackers, fruit, or raw veggies before the big meal. It'll help you eat less.
- When at a party or having a holiday meal, look for the healthier choices like veggies and fruit.
- Wait 10-15 minutes before eating seconds. This will help you avoid overeating.
- It's not rude to say no to food. If you're not hungry, don't eat.
- Eating holiday goodies like fudge, cookies, and other baked goods is perfectly fine but eat them in moderation and smaller portions.

Gingerbread Men



Ingredients

- 1 (3.5 ounce) package cook and serve butterscotch pudding mix
- 1/2 cup butter
- 1/2 cup packed brown sugar
- 1 egg
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cinnamon

Directions

1. In a medium bowl, cream together the dry butterscotch pudding mix, butter, and brown sugar until smooth. Stir in the egg. Combine the flour, baking soda, ginger, and cinnamon; stir into the pudding mixture. Cover, and chill dough until firm, about 1 hour.
2. Preheat the oven to 350 degrees F (175 degrees C). Grease baking sheets. On a floured board, roll dough out to about 1/8 inch thickness, and cut into man shapes using a cookie cutter. Place cookies 2 inches apart on the prepared baking sheets.
3. Bake for 10 to 12 minutes in the preheated oven, until cookies are golden at the edges. Cool on wire racks.

