



The WIC Word



March, April, May 2016

Oconto County

Dates for reloading benefits for the next few months are as follows:

Oconto

Pick-up Day	Alternate Day
Court House	Court House
8:00-12:00; 1:00-4:00pm	8:00-12:00; 1:00-3:30pm
Thursday	Monday
May 5	9
June 2	6
July 7	11
Aug 4	8

Oconto Falls

Pick-up Day	Pick-up Day
Oconto Falls	Oconto Falls
Visions of NEW	Visions of NEW
8:30- 12:00; 1:00-4:00pm	9:00-12:00 1:00-5:00
Tuesday	Wednesday
May 10	11
June 7	8
July 12	13
Aug 9	10



Mountain

Pick-up Day	Alternate Day
Mountain Bldg.	Oconto Falls
9:00-3:00	9:00-12:00; 1:00-5:00pm
Wednesday	Wednesday
May 4	11
June 1	8
July 6	13
Aug 3	10

~WIC News~

The WIC Office will be **CLOSED** on the following days: Friday **March 25** and Monday **May 30**.

◆ 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



March is National Nutrition Month!

This year the focus for National Nutrition Month is on cutting back on foods and beverages high in added sugar, sodium, and saturated fats.

Choose food and beverages with no added sugar whenever possible. It is recommended to consume less than 10 percent of our calories per day from added sugars. This can be achieved by reading food labels, look for things such as fructose corn syrup, evaporated cane juice, molasses, sucrose, brown rice syrup, and honey. Drink water and low fat milk and 100 percent fruit juice instead of sugary beverages. Choose snacks with no added sugar as well such as low fat plain yogurt. Eat smaller dessert proportions.

Most sodium consumed comes from salts added during commercial food processing. Sodium is found in so many foods, careful choices are needed to reduce sodium intake. Check food labels for sodium content. Buy frozen or canned products without added salt. Buy fresh meat rather than processed. Cook meals from scratch. Flavor your food with spices and herbs instead of salt.

It's important to understand the different types of fats and reduce your intake of saturated fats by replacing them with unsaturated fats. Saturated fats are found in foods such as meats, whole milk, butter, and cheese. Unsaturated fats, which include polyunsaturated and monounsaturated fat, is found in foods like oils, fatty fish, nuts, and seeds. Drink low fat or fat free milk instead of 2% and whole. Eat low fat cheese instead of regular. Use oils instead of butter. Consume lean rather than fatty cuts of meat.

May is National Physical Fitness and Sports Month!!!

For children and adolescents, physical activity can improve muscular fitness and bone and heart health.

It is recommended that children watch TV, use tablets, phones and computers less than 2 hours per day.

Children should have at least one hour of vigorous physical activity daily. It's definitely harder to achieve during Wisconsin winters but there are various places to go in the area to get your children moving. Good thing spring is right around the corner!

Sippy Cup Q & A



What is a sippy cup?

- A sippy cup is a training cup. It's a great way to transition from a bottle to a regular cup.

When should I introduce a sippy cup?

- Offer by 1 year old. It's great to start as young as 6 months old or when they can sit on their own.

What's the best way to transition to a sippy cup?

- Start off with a tip that is soft like a bottle
- Show your infant how to raise it to their own mouth
- Give it time, they may not catch on right away but do keep offering it
- Shop around for one your child enjoys

What should I do if my child refuses the sippy cup?

- Try switching half way through a feeding
- Modify the sippy spout if it's too hard for the infant to suck
- Offer a straw cup instead of a regular sippy
- Some babies skip the sippy all together, go from a bottle straight to a regular cup

Recipe Time

Loaded Spinach Salad

Ingredients



Creamy Blue Cheese Dressing

- 1/3 cup low fat mayonnaise
- 1/3 cup nonfat milk
- 1/3 cup nonfat plain yogurt
- 2 T white vinegar
- 1 T Dijon mustard
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 1/4 cup crumbled blue cheese

Salad

- 8 large eggs
- 6 cups baby spinach
- 4 T creamy blue cheese dressing, divided
- 1 8 oz can beets, rinsed and sliced
- 1 cup shredded carrots
- 2 T chopped pecans, toasted

Preparation

1. Dressing: whisk mayo, milk, yogurt, vinegar, mustard, salt, and pepper in medium bowl until smooth. Add cheese and stir, mashing with a spoon until the cheese is incorporated.
2. Salad: place eggs in a single later in a saucepan; cover with water. Bring to simmer over medium high heat. Reduce heat to low, cover and cook for 10 minutes. Pour off the hot water and run cold water over the eggs until they are cooled. Peel the eggs; discard 6 of the yolks. Chop the remaining yolks and whites.
3. Toss spinach and 2 T of the dressing in a large bowl. Divide between 2 plates. Top with the chopped eggs, beets, carrots and pecans. Drizzle with 2 more tablespoons dressing. Refrigerate the extra dressing up to one week.

Per serving: 270 calories; 12 g fat (3 g sat, 5 g mono); 189 mg cholesterol; 20 g carbohydrates; 0 g added sugars; 23 g protein; 6 g fiber; 803 mg sodium; 1098 mg potassium

This institution is an equal opportunity provider.