

Women

Infants

Children

The WIC Informer

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

In This Issue:

- August Is World Breastfeeding Month
- World Walk For Breastfeeding Picnic & Celebration
- Dietary Fiber
- Cooking With Kids
- Idaho WIC Program Income Eligibility Guidelines
- Long Distance Telephone Tax Refund
- Recipes
- Grilling & Picnic Tips For Food Safety

August Is World Breastfeeding Month Celebrate With These Events:

- Look for the *Rock-N-Relax* booth at the Western Idaho Fair, in August in Boise and at Air Force Appreciation Day in September in Mountain Home. (The booth is also known as the *Rock N' Roundup*.) The booth is a haven for mothers who want to breastfeed or feed their infants/toddlers in a relaxing, cool atmosphere. Cool water, a place to change diapers, and breastfeeding/health education materials are provided.
- Watch for information at your WIC office about La Leche League's annual walk/picnic in Boise in celebration of World Breastfeeding Month.
- Tell a breastfeeding mom she is doing a great job of feeding her baby!
- Support a breastfeeding mom - offer to prepare a meal or do one of her chores so she can have more time to rest and spend with her baby.
- Wear a gold ribbon pin. Breast milk is considered the gold standard for infant feeding.
- Read a breastfeeding friendly book with your child (such as a book that shows a mom breastfeeding her new baby or shows a baby animal nursing). The public library is a great resource for children's books.



World Walk For Breastfeeding Picnic & Celebration



August 11th, 2007
10 am to 2pm
Storey Park in Meridian
 Join us for a picnic, kids activities
 and a raffle!

Sponsored by La Leche League • Contact Angie Robinson: 695-5230

The WIC Program is an equal opportunity provider and employer.



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

Mtn. Home Air Force Base
Consolidated Support Center
Building 2610
Tel (208) 587-4409

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*

2

Dietary Fiber: An Important Link in the Fight Against Heart Disease **By: Lori Stenson, Dietetic Intern**

Ways to Increase Your Daily Fiber Intake

Eat more fruits and vegetables – at least 2 cups of fruit and 3-5 cups vegetables a day.

Choose a variety of fiber sources each day. For example, high-fiber foods like berries, citrus fruits, oatmeal, beans, dark green vegetables, whole grain bread and cereal.

Keep bags of frozen vegetables in the freezer. Add a few handfuls to soups, sauces, casseroles or pasta dishes.

Order pizza loaded with vegetable toppings, such as spinach, mushrooms, green peppers, tomato and onion.

Snack on lightly buttered popcorn, dry-roasted nuts, seeds, or a whole grain cereal.

Dietary fiber includes the part of plant foods that your body cannot break down. It is found mainly in fruits, vegetables, whole grains, legumes (dried beans, split peas, refried beans), nuts and seeds. Eating foods high in fiber can help lower cholesterol and blood pressure and plays a role in preventing obesity. High fiber foods can help you feel full longer and tend to have fewer calories for the same volume of food.

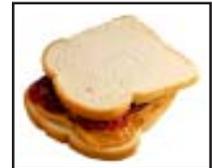
The recommended daily allowance of dietary fiber for men is 30-38 grams per day and for women, 21-25 grams. Currently, most Americans consume only about half the recommended amount.

Sample Menu – Provides about 31 grams of fiber

Breakfast: 1 cup high fiber cereal or oatmeal
½ cup low-fat milk
1 medium apple



Snack: 1 oz almonds



Lunch: Peanut butter and jelly sandwich
2 slices whole wheat bread
2 tbsp peanut butter
2 tbsp jelly
1 cup raw veggies (broccoli, carrots)
6 oz low-fat yogurt



Snack: 10 whole wheat crackers

Dinner: 2 cups spinach salad with tomato and onion
1 cup cooked veggies (corn, green beans, peas)
3 oz chicken breast

Snack: 3 cups lightly buttered popcorn

Note: A high fiber cereal has at least 8 grams of fiber per serving.

Cooking With Kids: Make It An Adventure!

The journey through your kitchen can be filled with exploration and excitement if you invite your kids to travel with you and learn along the way! For a successful adventure, keep the following tips in mind:

1. Be a risk-taker...but not with your health! Clean hands, clean cutting surfaces and proper food handling will help keep food safe to eat.
2. Plan your journey. Let your child help decide the menu, shop for ingredients and assist you in the kitchen. When kids can take credit for helping, they will enjoy the meal more and may even try a new food or two.
3. Be a boredom buster! Assign your child only one or two food prep tasks at a time and be sure to vary the tasks each time they help. (They learn new skills that way, too)
4. Kids need navigation skills to maneuver through the kitchen. Take the time to teach your child the basics such as reading recipes and using measuring cups and spoons. Show children how to drain, mix and chop different foods.
5. Dare to enjoy yourself in the kitchen! When you approach cooking as creative and fun-filled, your child won't think of food prep as a "chore."
6. Uncover your child's unique kitchen talents. And artsy child will enjoy arranging fruit on a tray while a math whiz can quickly calculate recipe adjustments.
7. Explore your child's age and stage of development and assign tasks accordingly. Preschoolers love to help measure, pour and stir while older children can learn how to safely use equipment such as can openers, knives, blenders and the microwave.
8. For a real thrill, declare it "Kids Rule!" one night a week. Once kids have grasped basic cooking skills, put them in charge of planning and preparing the evening meal.
9. Challenge older kids and teens to be kitchen daredevils! Allow them to experiment with different food combinations and cooking techniques. Remember to praise more than criticize if you want to keep them cooking.
10. Jump-start kitchen clean up by breaking it into easy-to-do steps. Instead of nagging kids to "clean up the kitchen," give specific instructions such as "put the food in the refrigerator," "rinse off the cutting board" or "wipe the counters." Better yet, write these down and post the list on the refrigerator.



<http://nutritionforkids.com>

IDAHO WIC PROGRAM INCOME ELIGIBILITY GUIDELINES

Effective July 1, 2007

More Idaho families may be eligible for the special nutrition program that can help them save money, eat well and stay healthy. Idaho's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) implements **new income guidelines** effective July 1 that raise the household income eligibility limits.

Household Size	Monthly Gross Income
1	\$1,575
2	\$2,111
3	\$2,648
4	\$3,184
5	\$3,721
6	\$4,257
7	\$4,794
8	\$5,330
9	\$5,867
10	\$6,404

A pregnant woman is counted as two when determining household size.

Long-distance Telephone Tax Refund

Millions of people have not claimed this one-time refund for telephone customers who paid tax on their long-distance service during the past three years. This refund also applies to cell phones and long-distance internet plans.

According to the Government Accountability Office, only two-thirds of individual taxpayers who filed their tax returns requested this refund and IRS had received just two percent of the projected 10-30 million requests from individuals who earn too little to be required to file a tax return and usually don't file.

It is not too late for eligible taxpayers to request this refund! Those not required to file a return can simply file the 1040EZ-T. For more information, visit www.irs.gov.

Recipes

Yogurt Deviled Eggs

- 6 hard-cooked eggs
- ¼ cup plain low-fat yogurt
- 1-teaspoon instant minced onion
- 1-teaspoon parsley flakes or freeze-dried chives
- 1-teaspoon lemon juice
- ¾ teaspoon prepared mustard
- ¼ teaspoon salt, optional
- ¼ teaspoon Worcestershire sauce
- 1/8-teaspoon pepper
- Dash paprika

Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in yogurt, onion, parsley, lemon juice, mustard, salt if desired, Worcestershire sauce, pepper and paprika until well blended. Using spoon or pastry bag, refill whites using about 1 tablespoon yolk mixture for each egg half.

OR, place yolks in food-storage bag. Add remaining ingredients, except egg white halves to the bag. Close bag. Knead the bag until everything is well blended and smooth. Push the contents toward the corner. Snip about ½ inch off the corner of the bag. Squeezing the bag gently, fill the reserved whites with the yolk mixture. Chill to blend flavors.

<http://pregnancyfoodguide.org>

Cucumber Salad

- 1 large peeled and thinly sliced cucumber
- 2 Tablespoons yogurt, low fat
- 1 Tablespoon vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon water
- 1 Teaspoon dill weed (optional)
- Dash of pepper

Instructions:

1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

Cost:

Per recipe: \$ 0.69 • Per serving: \$ 0.35

Source:

Adapted from:

Eating Right is Basic

Nutrition Education Program

Michigan State University Cooperative
Extension Service

<http://Recipefinder.nal.usda.gov>

Serving Size: 1 cup
Yield: 2 servings

Grilling & Picnic Tips For Food Safety

Summer is that time of year when the grill is fired up and meals are eaten outside. Keep your family safe from “food poisoning” by following these helpful tips:

- When the outdoor temperature is higher than 90° F, follow the “one-hour rule” and refrigerate your food within one hour of being set out.
- Marinate your meat in the fridge. If you want to use the leftover sauce on cooked meat, bring it to a boil before serving.
- Do not use the same cutting board, knives, and utensils for ready-to-eat foods such as salad fixings that you used for raw meat. Wash cutting boards, knives, and utensils between uses.
- One of the best ways you can prepare food safely indoors and out, is to wash your hands with soap and water for 20 seconds (sing “Happy Birthday” twice) before you start to fix your food and every time after you touch raw meat or eggs.
- Use a thermometer to make sure grilled meats are hot enough to kill bacteria. Insert the thermometer into the thickest part of the meat.
- Cook ground meats like hamburger to 160° F.
- Cook beef, veal, and lamb to 145° F.
- Cook pork to 160° F.