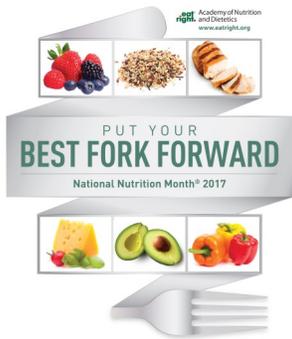


Waukesha County WIC Program, 514 Riverview Ave, Waukesha, WI 53188  
Tel: 262-896-8440 Fax: 262-896-8365

January-March 2017

## National Nutrition Month Encourages Small Changes



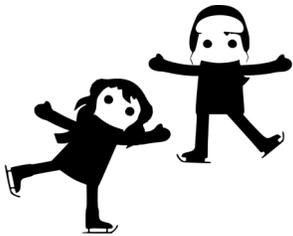
"Put Your Best Fork Forward" is the theme for this year's National Nutrition Month®, which occurs every March. The theme serves as a reminder that each one of us holds the tool to make healthier food choices - our fork!

Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. What small change can you make during National Nutrition Month® ?

- Choose smaller portions?
- Eat leaner cuts of protein, like chicken and fish?
- Fill half your plate with fruits and vegetables?

For more information about National Nutrition Month, visit [www.eatright.org/nnm/](http://www.eatright.org/nnm/).

## Active Winter Fun



Being active in the winter can help you beat the cold-weather blues. When the temperature dips and the snow falls, think of it as a chance to build snowmen, have snowball fights, and

go sledding, skating, skiing or snowshoeing.

An online resource may be the inspiration you need to keep your family healthy and active year-round. This [Get Active Guide](#) from Waukesha County offers resources and locations for everything from year-round swimming pools and indoor and outdoor skating rinks, to cross-country ski trails and exercise classes. Visit: [www.waukeshacounty.gov/UWEX/WCNC/resources/](http://www.waukeshacounty.gov/UWEX/WCNC/resources/) or pick up a copy of the guide in the WIC office.

## Featured WIC Recipe

Dress up plain yogurt at home with your favorite flavors to save on calories and added sugar. Stir in your favorite fruit, a dash of vanilla extract or ground cinnamon, and top with a crunchy variety of nuts, raisins or cereal.

Try this homemade parfait recipe using your WIC yogurt, fruit and cereal benefits\* to eat as a healthy and economical breakfast or snack.



### Yogurt Berry Parfait

Makes: 4 Servings

#### Ingredients

- 2 cups yogurt (low-fat or fat-free, plain or vanilla)
- 1 cup banana (sliced)
- 1/2 cup blueberries (fresh or frozen)
- 1/2 cup strawberries (fresh or frozen, sliced)
- other optional fruit (fresh or frozen berries, peaches, pineapple, mangos)
- 1 cup granola (or other WIC cereal)

#### Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.

For a video demonstration of the preparation of this recipe, see: [www.nutrition.gov/kidscook](http://www.nutrition.gov/kidscook)

Other ways to use your WIC Yogurt\* include:

- As a topping for tacos or baked potatoes.
- Spread on toast with peanut butter and sliced fruit.
- A low-fat replacement for mayonnaise or sour cream in dips and other recipes.

Find more recipes at [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

\*Food benefits dependent upon WIC participant status and eligibility.



# Wisconsin MyWIC App

On your smartphone you can now:

- Search WIC Foods
- View Benefit Balance
- Find Stores
- View WIC Messages

## Look for the Wisconsin MyWIC app!

### Apple Store



### Google Play Store



- The WIC family can register the same eWIC card on multiple phones. An alternate can have the app installed as well as the guardian.
- A family with multiple foster children only needs to register one eWIC card in the app. The app will find the other foster eWIC accounts and display them in a dropdown list on the Benefit Balance screen.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

## FREE Breastfeeding Education Classes

Breastfeeding education classes are taught here on site at the Public Health Building for pregnant women interested in learning more about the benefits of breastfeeding their infants.



Whether you are a first-time mom, or just need a refresher, our Breastfeeding Peer Counselors will cover topics such as how to overcome the myths and fears of breastfeeding, and will teach tips and techniques to get moms and babies off to the best breastfeeding start. This FREE opportunity can help you to make your breastfeeding experience a success.

The Breastfeeding class schedule for 2017 includes the following dates (12:30-2:30 pm):

Tuesday, January 24

Tuesday, April 25

Monday, July 31

Tuesday, October 24

Classes are open to all WIC participants and those who wish to support mom. Contact Tiffany to find out more or to register: 262-896-8362.

## Nutrition Education - Your Way at Home!

Work, bad weather, activities - there may be many reasons that keep you from renewing your WIC benefits in a timely fashion. *Did you know that you can now complete your group education requirement from your home computer?*

Simply create an account at [www.wichealth.org](http://www.wichealth.org) using your WIC family ID #, found at the top of your yellow calendar card (or call the WIC office). From there you can choose from a variety of nutrition topics that will best suit you and your family's nutritional interests and needs. If it is completed at least 24 hours before pick-up, there is no need to print, otherwise, print off your certificate and bring it to the WIC office on your pick up day, or call the office (262- 896-8440) if transportation to our office is of concern.