



# WIC NEWS

Women Infants and Children Supplemental Food Program



## Changes to the WIC Food Package

The WIC food package now includes many more choices of whole grains, including more breads, tortillas, brown rice, oatmeal and hamburger and hotdog buns. Try out some of the new options and enjoy!

## Is Your Child At Risk Of Becoming Overweight?

Are you concerned about your child's weight? Should you be? Nearly one quarter of Livingston County WIC children are at risk of becoming overweight. If you are concerned about your child's weight, please ask for information at your next WIC appointment. If your child is overweight, an appointment with the WIC Nutritionist can be scheduled. You can learn how to help your whole family adopt healthier eating habits and live a healthier lifestyle that can last a lifetime.

## Summer Lunch Bunch

The Summer Lunch Bunch program is for families with children in need of lunch this summer while school is out. It provides a free meal served one day a week and a package of food for meals the rest of the week. The served meal must be eaten on-site – sorry, no carry-outs.

The program starts June 21<sup>st</sup> and ends August 11<sup>th</sup>. This year, transportation is available to each lunch site for those who live in those communities. Pickup is at 11:30 am on selected days. Sites include Tuesdays at Pinckney Elementary School, Wednesdays at the Howell Nazarene Church and Thursdays at Munn Middle School in Fowlerville.

Pre-registration is required. Contact the Salvation Army at 517-546-4750 for an application packet.

## Project Fresh 2011

WIC will offer Project Fresh coupons again this year while supplies last. Eligible WIC participants may receive \$20 worth of coupons to use at authorized Farmers' Markets to purchase fresh fruits and vegetables. Eligible clients include pregnant, breastfeeding and postpartum women, and children ages 1-5 years old.

Coupons will be issued at the Livingston County Department of Public Health office on July 13<sup>th</sup> from 10 am – 2 pm, on a first come, first served basis. Please call the WIC office for more information at 517-546-5459.

## Local Summer Fun

- \* **Howell City Park**  
Corner of Barnard & Thompson Streets,  
Howell
- \* **Howell Nature Center**  
1005 Triangle Lake Rd,  
Howell  
9:00 – 4:00  
7 days a week  
517-546-0249
- \* **Mill Pond Imagination Station**  
Bounded by West Main and St. Paul St.,  
Brighton  
810-227-9005
- \* **Huron Meadows Metropark**  
8765 Hammel Rd.,  
3 miles south of Brighton  
800-477-3193
- \* **Island Lake Recreation Area**  
12950 E. Grand River,  
Brighton  
810-229-7067
- \* **Kensington Metropark**  
2240 W. Buno Rd.,  
Milford  
800-477-3178

## Car Seat Fitting Station

Safe Kids Huron Valley, in partnership with MSU Extension of Livingston County, will be hosting free car seat fittings at the Livingston County Department of Public Health.

The dates this summer, weather permitting, include:

- June 16<sup>th</sup> from 3 pm – 7 pm, appointment required.
- July 21<sup>st</sup> from 10 am – 2 pm, appointment required.
- August 18<sup>th</sup> from 3 pm – 7 pm, appointment required.
- September 15<sup>th</sup> from 10 am – 2 pm, appointment required.

Certified child passenger safety technicians will be on staff. Low cost replacement car seats may be available. To make an appointment, or for more information, please call Carrie Shrier at 517-552-6904 or email [shrier@msu.edu](mailto:shrier@msu.edu). Leave with the peace of mind that your children are riding as safely as possible!

## What is a Resource Navigator?

Are you struggling to make ends meet? A Resource Navigator might be able to help. They are familiar with the resources available in the community and will do their best to connect you with the right organizations specific to your situation. They are located at Gleaners Food Bank in Howell and you can reach them by calling 866-453-2637, ext. 331.

## The Period of Purple Crying

The Livingston County WIC program is partnering with the Child Abuse Prevention Council (CAP) of Livingston County to present an important educational program of the National Center on Shaken Baby Syndrome. CAP is providing parents of newborns a copy of the DVD and booklet to take home and share with anyone who takes care of the infant. We welcome you to ask the WIC staff questions or call the health department and ask to talk to a nurse after you have reviewed the DVD again. We hope this information will help you better understand your baby's crying patterns and give you some ideas of ways to safely care for your baby when crying occurs.

## Immunization Reminders

Kindergarten entry requirements include the child's up-to-date immunization records and proof of a vision screening. Livingston County Department of Public Health walk-in immunization clinics are on Wednesdays from 8:30 am - 4:30 pm with extended hours until 7:00 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. Call 517-546-9850 for more information.

## Easy Frittata serves 4

Frittata is an egg-based dish similar to an omelette or quiche. You can be creative by adding whatever ingredients you have on hand such as vegetables, cheeses, meats or herbs.

Ingredients:

- 4 eggs
- ½ cup milk
- 2 green onions, chopped
- ½ cup red pepper, chopped
- 1 cup vegetables, chopped
- 2 tablespoons olive oil

Directions:

1. In large skillet, sauté onion, peppers and vegetables until tender.
2. Mix eggs and milk in a bowl.
3. Add egg mixture to skillet.
4. Add additional ingredients.
5. Cover and cook on medium heat for 5-7 minutes, until egg is set.
6. Flip it over and cook for another 2-3 minutes.
7. Cut into wedges.
8. Serve with salad and bread.

Add other ingredients such as:

- \* Grated cheese
- \* Soft cheeses such as cream cheese, bleu cheese, or feta
- \* Cooked meat such as ham, beef, turkey or chicken
- \* Herbs such as dill, cilantro or basil
- \* Salsa or Dijon mustard
- \* Beans

Adapted from [allrecipes.com](http://allrecipes.com)



## Livingston County Department of Public Health

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