



WIC Works!

Nutrition News for Benton, Black Hawk, Bremer,
Buchanan, Chickasaw and Grundy County



Online Nutrition Education is Here!!!

WIC introduces a new way to do your nutrition education from anywhere you want.

Follow these steps to get started!

From a computer or mobile device with internet access go to www.wichealth.org

- ↓
- Create an Account and set up your profile.
- ↓
- Choose a lesson from one of the 5 categories.
- ↓
- Complete the lesson.
- ↓
- Fill out the survey.
- ↓
- Print or email your certificate of completion.



Come in to pick up your checks. Some may need to speak with a dietitian briefly.

Lesson topics include:

- ♦ Making meals and snacks simple
- ♦ Steps to a healthier family using My Pyramid
- ♦ Breastfeeding support
- ♦ Starting solids and drinking from the cup
- ♦ Physical activity for kids
- ♦ Eating more whole grains
- ♦ Healthy drink alternatives
- ♦ Being healthy after pregnancy
- ♦ Increasing fruit and vegetable consumption
- ♦ Secrets to feeding picky eaters

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Weather Related Closing and Delays

If Waterloo schools start late or close due to weather, then Operation Threshold and WIC will not open until 10:00 am. WIC clinics may be closed if the schools in your town are cancelled due to the weather. In case of bad weather, call the Waterloo office before coming to your appointment.



Illness

Sick children and adults should not come to WIC. Please call to reschedule your appointment.

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Recipes

Peanut Butter Breakfast Bars

1/4 cup sugar
1/2 cup honey
1 cup peanut butter
4 cups unsweetened cereal flakes
1 cup raisins, or other dried fruit



Grease a 9 inch baking pan. In large saucepan, mix together sugar and honey, and bring to a boil. Remove from heat and stir in peanut butter. Add dry cereal and raisins; mix well. Press into prepared 9 inch pan. Refrigerate until firm. Cut into bars. Store in an airtight container for up to a week.

Honey is not recommended for children under 1 year old. To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.

Tasty Hamburger Skillet

1 pound ground beef
1/2 cup chopped onion
1/3 cup green pepper, chopped
2 cups water
1 cup brown rice
1 teaspoon garlic powder
1 tablespoon chili powder
1 1/2 cups canned diced tomatoes, with juice
3/4 cup frozen whole kernel corn
3/4 cup canned red kidney beans, drained
1/2 cup grated cheddar cheese



Cook ground beef, onion, and green pepper in large frying pan (medium heat) until hamburger is no longer pink. Drain excess fat from pan. Add water, rice, garlic powder, chili powder, tomatoes with juice, corn, and beans. Cook, covered, for about 20 minutes or until rice is soft. Remove from stove top, sprinkle with grated cheese, and serve hot.

Refrigerate leftovers within 2 hours.

Tips: Garnish this dish with a tablespoon of low-fat sour cream.
Flavor boosters: green chilies, jalapeños, more garlic.
Make extra! Leftovers make a great filling for tacos or burritos or as a topping for baked potatoes.

www.foodhero.org