



WIC Works!

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

WIC Food Changes are Now Here!

There are some changes to the types of WIC foods offered beginning October 1, 2012. The changes are outlined below. Please see WIC staff if you have any questions regarding these changes.

Baby Food Fruits and Vegetables



Blends of baby food fruit and vegetables such as apple strawberry banana, and mixed vegetables can be purchased. Desserts and dinners cannot be purchased with WIC checks.

Infant Cereal



Infant cereal with DHA can now be purchased with WIC checks.

Whole grains



Oatmeal has been added as a whole grain choice. Now families can choose from whole wheat bread, corn or whole wheat tortillas, brown rice, or oatmeal. Approved brands are MOM's Best and Best Choice Oatmeal in 16 ounce containers. Oatmeal can only be used towards your *whole grain* choice, it cannot be used as part of the *cereal* choice.

Eggs



Only the grade A large eggs can be purchased. Grade AA large eggs are no longer allowed.

Juice



Juice is listed on the check as fruit, vegetable, or tomato juice. See juice listing in the WIC food flyer. Checks will print for the 64 oz size. Please see a WIC dietitian if 32 oz tomato or vegetable juice is preferred.

Cereal

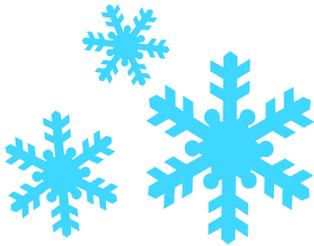


Additional types of cereal have been added to the WIC food package. These include **store brands** of Wheat Bran Flakes, Frosted Shredded Wheat, Frosted Bite- Size Shredded Wheat, Crunchy Oat Squares, Oat Wise, Corn Biscuits, Toasted Corn Biscuits, Rice Biscuits, Crispy Hexagons and Toasted Rice Squares. Please see WIC food flyer for more details.

Cheese



Fully Breastfeeding moms receive cheese. Swiss cheese has been removed from the approved list.



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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Morning Rice



A great way to use leftover rice.

- ½ cup **cooked** brown rice
- ¼ cup lowfat or skim milk
- 1 apple, peeled, cored and finely chopped
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon

Mix all ingredients in a microwave safe bowl. Heat on high 1-2 minutes until heated through. Enjoy.



Pumpkin Pudding

- 1 (3.4 ounce) package instant vanilla pudding mix
- 1 ½ cups cold lowfat or skim milk
- 1 cup canned or mashed pumpkin
- ½ teaspoon cinnamon

In a medium bowl, beat pudding mix and milk together until well blended, about 2 minutes. Stir in pumpkin and cinnamon. Cover and chill according to pudding package directions before serving.

Baked Sweet Potato Fries

Full of Vitamin A and healthier than in most restaurants.

- 1 small sweet potato, cut into 3-inch x 1-inch strips
- 1 teaspoon canola or vegetable oil

May season with salt, pepper, paprika or cinnamon to taste.

Preheat oven to 450 degrees. Coat a baking sheet with cooking spray and set aside. In a medium bowl, toss sweet potato strips with oil and seasonings. Place strips on a baking sheet and bake 30 minutes, turning halfway through.

Recipes from "Let's Cook" California WIC Program