



The WV WIC Program Promotes Breastfeeding

WIC NOTES

WVDHHR/Bureau for Public Health/WV WIC Program

Pack a Family Picnic

A picnic is fun family time: Indoors or outdoors!

City or county park
Community center
Local fair or carnival

Playground
Parade route
Family idea: _____

Beach, pool, riverside
Relative's home

Your yard
Community garden

What's in Your Picnic Basket?

No-chill Foods

- ◆ Whole fruit, raw finger vegetables (Most can be left at room temperature for a few hours.)
- ◆ Dried fruit (raisins, apples, apricots), juice boxes, canned fruit
- ◆ Wheat tortillas, bagels, pocket bread, whole-wheat crackers or bread, pretzels, buns
- ◆ Nuts, peanut butter, unopened canned meat



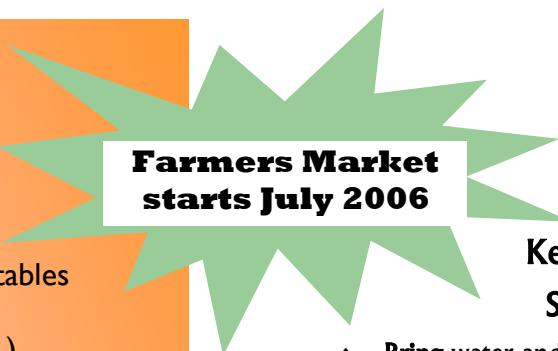
Cooler Foods

- ◆ Cooked and uncooked chicken, meat, hard-cooked eggs; deli meats
- ◆ Salads that contain cut-up meats, vegetables, or fruits
- ◆ Cheese, string cheese, yogurt, boxed milk
- ◆ Single-serving pudding

Warm-Up Foods

(in an insulated container)

- ◆ Soup, hot cocoa with milk
- ◆ Baked beans, hot dishes (eat within one hour).



Keep Family Picnics Safe at the Plate!

- ◆ Bring water and soap to wash hands, surfaces, cutting boards.
- ◆ Bring a meat thermometer. Use it to grill to safe inside temperature: 160 degrees for burgers; 180 degrees for chicken.
- ◆ Store chilled foods in a cooler with ice or ice packs.
- ◆ Store uncooked meat, poultry, or fish for grilling in a well-sealed container. Pack it in the bottom of the cooler so juices won't leak onto other foods.
- ◆ Put grilled foods on a clean plate, not the plate used for uncooked foods. Disposable paper plates are great!
- ◆ Keep coolers in the car as you drive, not a hot trunk. At the picnic, keep them in the shade under a tree or bench.
- ◆ Return chilled foods to the cooler right after serving.
- ◆ Discard leftover meat, chicken, fish, eggs and foods made with them if left out for one more than one hour.

(Compiled from WV Parent Blocks Newsletter)



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July, August,
September 2006

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World Breastfeeding Week

Code Watch: 25 Years of Protecting Breastfeeding



August 1st to 7th is designated World Breastfeeding Week to recognize the importance of breastfeeding and supporting breastfeeding mothers and babies. All WIC clinics celebrate breastfeeding the entire month of August. The theme for 2006 is "Code Watch: 25 Years of Protecting Breastfeeding." This year's theme provides an opportunity to celebrate the progress that has been made worldwide over the last several decades to promote breastfeeding. It also serves to remind us that we each play a part in creating a positive environment in which mothers receive the support they need to breastfeed.

More Reasons to Breastfeed

- ♦ Breastfed children are less likely to be overweight (and overweight can increase their risk of diabetes, joint problems, depression).
- ♦ Adults who were breastfed babies have lower blood cholesterol. High blood cholesterol is a risk factor for heart disease.
- ♦ Breastfed babies tend to be more adventurous, less picky eaters, probably because the flavor of breast milk changes depending on what the mother eats. Even before they start solids, breastfed babies may be exposed to variety of tastes. Remember that repeated exposure helps children learn to like different foods. Formula always tastes the same.



Love them lots. Feed them right.

Black Bean Quesadillas

1—15 ounce can black beans, drained and rinsed

1 green onion, chopped

1/4 teaspoon cumin

1/4 cup chopped cilantro

12 corn tortillas

6 ounces grated Monterey Jack cheese

2 cups of salsa



1. In a medium bowl combine beans, onion, cumin and cilantro. Mash everything together with a fork.
2. Heat two skillets over medium heat on top of the stove.
3. Put a tortilla in each skillet. Spread with some of the bean mixture and sprinkle with some cheese. Top with another tortilla.
4. When the bottom tortilla begins to brown, about 4 minutes, turn everything over. Cook until the other tortilla is browning, the cheese is melted and the bean mixture is hot.
5. Cut each quesadilla into 4 wedges (a pizza cutter works well for this) and serve topped with salsa.

Quesadilla Variations: By adding extras such as corn, diced bell pepper, olives, chopped red onion, cooked rice, shredded chicken, or chopped tomatoes you can make a quick, easy and low fat summer dinner menu you can make in 35 minutes.