

WIC Notes

January, February and March 2008



Balance Your Day With Food & Play

Kids copy adults, so eat healthy and be active every day!

Set an example — Keep a variety of healthy foods on hand. Eat plenty of fruits and vegetables, whole-grain, fat-free or low-fat dairy products, lean meats, and dry beans. Limit the amount of foods you buy that are high in saturated fats, trans fats, and added sugar.

Watch serving sizes — Remember, younger kids need less food than teenagers and adults. Start with small servings and give extra if they want more.



Be active — You need at least 30 minutes of activity most days of the week. Your kids need at least 60 minutes of physical activity every day, or most everyday. Add activities to your daily schedule, like walking, biking, working in the yard, or cleaning the house.

For more information on these topics or other programs visit our website at: www.wvdhhr.org/ons or www.fns.usd.gov



Healthy eating habits and physical activity work together for better health.

Oatmeal

(with pumpkin or sweet potato)
Serves 2



What you'll need:

- 1 cup skim milk
- 1/4 cup firmly packed brown sugar
- 1/4 cup canned pumpkin or sweet potato puree
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon cinnamon or pumpkin pie spice
- 1 cup old-fashioned oats (oatmeal)
- 2 teaspoons natural peanut butter
- Dried fruit and nuts
- Pure maple syrup, for serving

How to make it:

1. In a small saucepan, combine the milk, sugar, pumpkin, vanilla and spice. Bring to a gentle boil and stir in the oatmeal. Reduce the heat and simmer for 2 to 3 minutes, until the oatmeal is soft and creamy. Stir in peanut butter.
2. Spoon the oatmeal into bowls, sprinkle with dried fruit and nuts and serve warm with maple syrup.

You can also prepare this in the microwave for a hearty but healthy breakfast. Stir in the ingredients into a microwave-safe bowl and cook for two minutes

BE A ROLE MODEL!

You play an important role in making sure that you and your kids eat healthy and are active and moving every day.

Making healthy food choices helps kids to grow, develop, and be ready to learn.



Being physically active is fun and helps you feel good too!

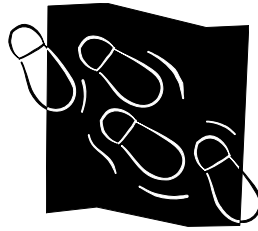
Pretend Games to Get Your Child Moving

Read, Run and Race About
2 or more players

Equipment: Action storybook

Procedure: Choose a favorite action storybook and encourage your child to copy the actions and expressions of the characters as you read the story out loud to your child.

Suggested titles: Jump Frog Jump, My Very First Book of Motion, Toddl robotics, Animal Fun, and Over, Under and Through.



Outdoor Time!

Go for a Fun Walk

Make walks more fun by adding a little adventure!

- Go on a treasure hunt.
- Can you find a rock, a feather, a leaf or a piece of trash?
- See who can pick up the most trash.
- Look for different colored things. (white flowers, red cars, green trees, brown rocks)
- See how many different things you can see that begin with a certain letter of the alphabet. (C: cactus, clouds, car, cement, corn, cotton, etc.).

Instead of junk food or videos, treat your kids with these:

- Balls
- Bubbles
- Ride-on toys
- Push and pull toys
- Jump Ropes
- Music for dancing
- Frisbees

INDOOR FUN!

Make an obstacle course

Use things around your home to make an obstacle course. You can use:

- Chairs to climb over, under or between
- Tables to go under
- Broom handles and pillows to jump over
- Boxes to crawl through
- Lids or placemats to step on

Have your child follow you through the course. Follow your child through the course. Walk through it. Run through it. Crawl through it. Go backwards through it.

This wonderful recipe introduces vegetables in a food kids love.

Burgers

(with mushrooms and zucchini)

1 pound lean ground turkey or sirloin
1/2 pound mushrooms; trimmed and finely chopped
1 cup whole-wheat or Italian breadcrumbs
1/4 cup chopped or grated zucchini
1 tablespoon Worcestershire sauce
2 tablespoons ketchup
1/2 teaspoon salt
1/8 teaspoon pepper
Nonstick cooking spray
1 tablespoon oil
Hamburger buns, for serving



1. Preheat the oven to 400 degrees
2. In a large bowl, mix the meat, mushrooms, breadcrumbs, zucchini, Worcestershire sauce, ketchup, salt and pepper until well combined. The mixture will be moist. Form into patties and place them on a sheet of waxed paper or aluminum foil.
3. Coat a large nonstick ovenproof skillet with cooking spray and set it over medium-high heat. When the skillet is hot, add the oil. Add the burgers and brown on one side for 4 to 5 minutes. Turn the burgers, then slide the skillet into the oven. Bake for 4 to 5 minutes longer, or until the burgers are no longer pink in the center. Serve each burger on a bun.



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