

September is Family Meals Month

Did you know that eating as a family can lead to long-term health, academic, and societal benefits? Home-cooked meals nourish the spirit, brain, and health of all family members. Additionally, regular family meals lead to the outcomes that we all want for our children:

- Higher grades
- Higher self-esteem
- Healthier eating habits
- Less risky behavior

As the new school year starts, we challenge you to renew your pledge to creating and serving meals at home. Family meals make families stronger. Pledge to Raise Your Mitt to Commit™ to sharing one more family meal at home per week.

JUST ASK WIC

Are you interested in sharing more family meals, but not sure how to get started? It can feel like time, money, skill level, or even a house full of picky eaters are getting in your way.

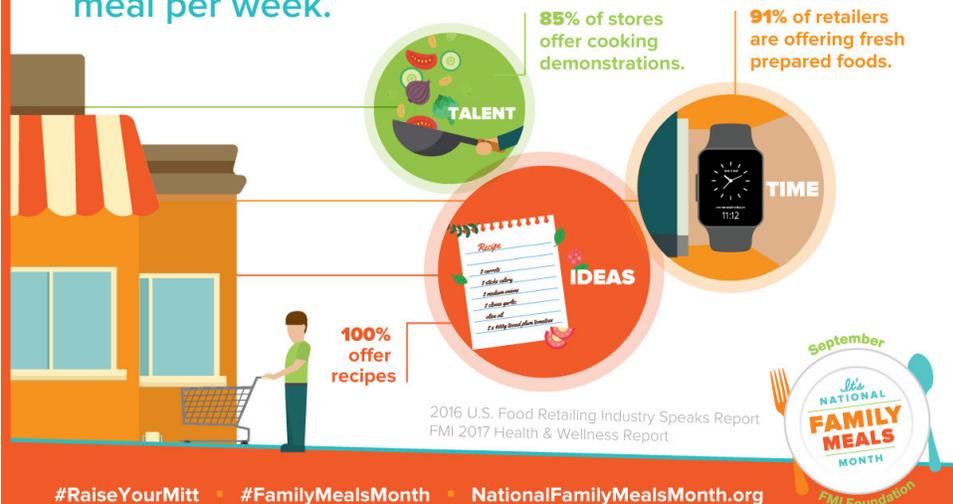
We can help!

WIC can provide solutions to common family meal barriers.

**Call the WIC office today:
517-546-5459**

MAKING FAMILY MEALS HAPPEN IS EASIER THAN YOU THINK

Supermarkets offer shopper solutions to combat barriers—time, talent, ideas—that challenge the goal of having one more family meal per week.



Grow your skills with...



Cooking Matters is a hands-on nutrition program. It teaches participants how to eat healthy, cook, and grocery shop on a limited budget. The program consists of 6 two-hour lessons. It will give you the skills and confidence to make healthy, budget friendly meals for your family.

Call MSU Extension for local class offerings: 517-546-3950

Change One Thing...

Looking for a simple change that can have a big impact on the health of your family?

COMMIT TO SHARING ONE MORE FAMILY MEAL EACH WEEK

Children from families that eat at least 3 meals together each week are:

4 Times less likely to smoke

3 Times less likely to use marijuana

2 Times less likely to drink alcohol

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24%

More likely to have healthier eating patterns



Are you ready for flu season?

It is that time of year again... school is back in session, the leaves are beginning to change, and cases of the flu are already popping up. Prepare your family to fight off the flu (and other illnesses) this fall by following these quick tips:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Wash your hands often to help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something covered in germs and then touches his or her face.
- Get the flu vaccine. A yearly flu shot is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine, including pregnant women.

Health Department Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.
(8:30 a.m. - 7 p.m. on 2nd & 4th Wednesday of each month)

WIC Breastfeeding Peer Counselor



Jennifer Kaiser

Email: jkaiser@livgov.com

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support

Help and support when you need it!