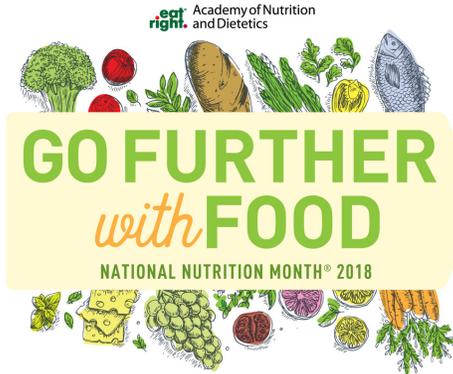


March is National Nutrition Month!

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. This year the theme is "Go Further with Food", which helps teach us to manage our food resources to save money and still get all the great nutritional benefits food has to offer.

Key Messages:

- Eat a variety of healthy foods from all of the food groups
- Consider the foods you have on hand before buying more
- Buy only the amount that can be eaten or frozen within a few days
- Plan ways to use leftovers
- Be mindful of portion sizes
- Continue to use good food safety practices
- Find activities that you enjoy and be physically active most days



JUST ASK WIC

Is your child a picky eater?
Are you ready to stop the mealtime battles?
Do you wish your child ate more vegetables?

we can HELP! Call us at WIC:
(517) 546-5459

Try this! Tropical Smoothie

Ingredients

- 1 cup nonfat yogurt
- 2 cups pineapple chunks (fresh, frozen or canned & drained)
- 1 banana
- 1 cup ice

Directions

- Put all ingredients in a blender.
- Blend until smooth.
- Pour into cups or glasses. Serve chilled.



Change One Thing... **Plan meals and snacks in advance**

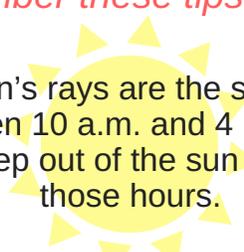
Saves time, money, and reduces food waste.

Helps you avoid last minute junk food pit-stops.

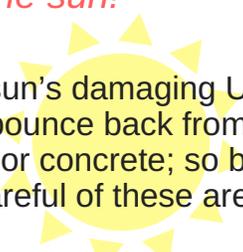
Adjust portions for the size that is right for you.

Spring Break Sun Safety

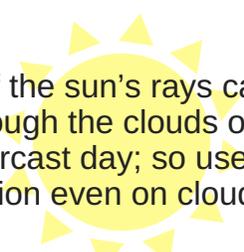
Remember these tips to stay safe in the sun!



The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.



The sun's damaging UV rays can bounce back from sand, snow or concrete; so be extra careful of these areas.

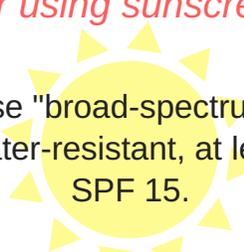


Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.

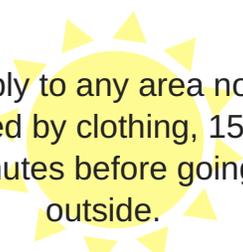
Babies under 6 months should not wear sunscreen

Instead, put them in light clothing and keep them in the shade. Try putting them in a wide-brimmed hat to shade their face and head.

Tips for using sunscreen



Use "broad-spectrum", water-resistant, at least SPF 15.



Apply to any area not covered by clothing, 15 -20 minutes before going outside.

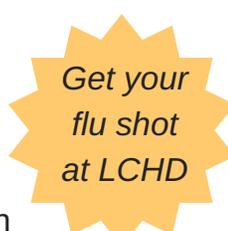


Reapply every 2 hours (or after swimming or towel drying).

THREE ACTIONS TO FIGHT THE FLU

Livingston County has seen flu in 11 out of 12 months this year, and has a record number of flu cases. Follow these tips to fight the flu:

- 1** Get a flu vaccine. A yearly flu vaccine is the first and most important step in protecting against the flu.
- 2** Take every day actions to stop the spread of germs. Try to avoid close contact with sick people. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water.
- 3** Take antiviral flu drugs if your doctor prescribes them.



Get your flu shot at LCHD

Health Department Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.
(late hours until 7 p.m. on the 2nd & 4th Wednesday of the month)
No appointment necessary!



WIC Breastfeeding Peer Counselor

Jennifer Kaiser

email: jkaiser@livgov.com

phone: 517-375-0554

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

This institution is an equal opportunity provider.