



## CHANGE ONE THING...

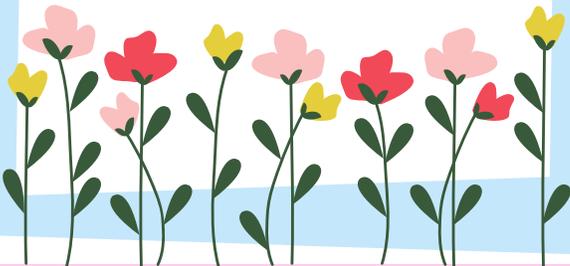
You probably already know that fruits and veggies are good for your kids, but do you know why?

### Fruits and vegetables:

- Help keep your bones strong.
- Keep your digestive system regular.
- Are low in calories and full of important nutrients like Vitamin A and C, folate, minerals, and fiber.
- May help reduce the risk of some types of cancer.

## MAKE HALF THEIR PLATE FRUITS AND VEGGIES

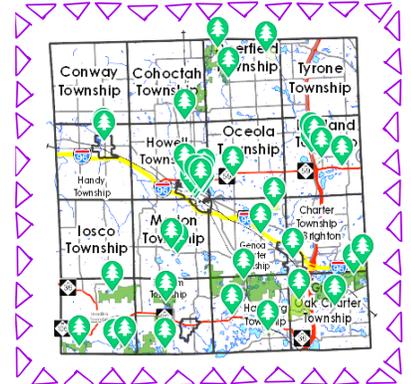
This month, take charge of your family's health. Commit to making half of your child's plate fruits and veggies!



# Spring is in the air!

The weather is finally warming up and it's time to enjoy the sunshine! Try heading to your local park for some fun Spring activities:

- Have a picnic
- Fly a kite
- Play frisbee or catch
- Take a walk and watch for wildlife



Find a local spot to get out and get active using Livingston County's Interactive Parks and Recreation Map: <https://bit.ly/2f10X9h>

## Head Start Registration

Head Start is a free preschool program that prepares your child for school. It helps connect your child and family to educational, health, nutritional, social, and other services that help build your child's social and cognitive development. Register at: <https://bit.ly/2um75R8> or call the Livingston Educational Service Agency (LESA) at 517-540-2100.

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](mailto: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!