

Eating right on a budget.

Info from the Academy of Nutrition and Dietetics

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

1. Cook more, eat out less.

Eating out can be expensive, and many foods can be prepared for a lot less money (and healthier) at home.

2. Shop for foods that are in season.

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

3. Start a garden or visit a Farmers' Market.

A garden can be a lot of fun, especially for kids, and an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers' market. You can buy locally grown fruits and vegetables that are in season for less money than you would pay at the store. Fruits and vegetables also available at farmers' markets this summer with Project FRESH.

Project FRESH coming this summer!

➔ Find more tips at: <https://bit.ly/3aqtu2y>

JUST ASK WIC

Are you looking for some helpful tips and tricks to make half your grains whole grains? WIC staff can help!

Call our office today: 517-546-5459

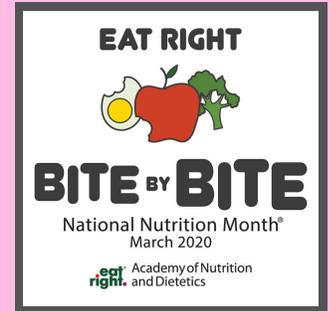
Make half your grains whole grains!

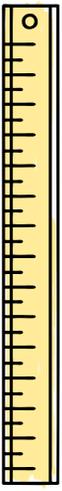
Foods made from wheat, rice, oats, cornmeal, etc. are grain products. Whole grains contain the entire grain kernel. **People who eat whole grains as part of a healthy eating style have a reduced risk of some chronic diseases.**

Fluoride varnish program coming to WIC!



- Fluoride varnish is a clear protective coating that is applied to your child's baby teeth.
- It is safe and can be used as soon as your child has their first tooth.
- It helps prevent cavities and stop cavities that have already started.
- Free fluoride varnish treatments are available for all children in the WIC program.
- Easy application completed during WIC appointment.

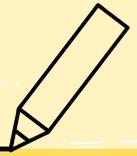




Head Start Registration

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 to help build your child's development. Register at: <https://bit.ly/2um75R8> or call the Livingston Educational Service Agency (LESA) at 517-540-2100.

Let's get ready for preschool!



Health Department Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.
with extended hours until 7:00 p.m. on the
2nd & 4th Wednesdays of each month

Breastfeeding after returning to work or school is possible!

Tips for success:

Make breastfeeding plans with your employer before returning to work.

Practice using a breast pump before returning to work or school.

Practice having a friend or family member feed pumped milk to your baby.

Adjust feeding times to better fit your work or school schedule.

And don't forget to meet with Jen!

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

Schedule your nutrition education appointment with our Breastfeeding Peer Counselor.

Jen can provide education and support to help you reach your breastfeeding goals!