

LIVINGSTON COUNTY DEPARTMENT OF PUBLIC HEALTH

WIC NEWS

Women, Infants, and Children Supplemental Food Program

**LET'S MOVE:
WARM WEATHER FUN!**

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When the weather is warm, play outside together! You do not need to spend money to fit active fun into your family life. Try to be physically active for at least 30 minutes on most days. Your child needs to be physically active for at least 60 minutes on most days of the week. You will both feel good!

Check (✓) five active ways your family might have fun:

- Create sidewalk art using chalk.
- Chase shadows in

- the spring sun.
- Play hopscotch.
- Create a parade using wagons, tricycles, bikes, and strollers. Dress up kids and pets.
- Visit a farmer's market and walk & talk about the foods. Buy something to prepare and eat at home.
- Fly a kite.
- Blow bubbles and chase them.
- Walk to the library for story time.
- Visit a petting farm (and be sure to wash your and your child's hands after touching the animals!).
- Attend an outdoor festival. Look for activities planned for young children.
- Enjoy a playground if it is equipped for young children.
- Play games that move: tag, Simon Says, etc.
- Go on a nature hike.
- Work in a garden, maybe your own!

WHAT IS A HEALTHY SNACK?

Scheduled snack time can be a good time to offer food from the food groups that your child did not eat at meal time. Here are some simple snack ideas:

- Carrot sticks and a mozzarella cheese stick.

- 1/2 whole wheat tortilla with peanut butter and sliced banana.
- Whole-grain cereal and fat-free milk.
- Fat-free plain yogurt and fresh berries.



- Whole wheat pita and hummus.
- Apple slices with peanut butter.
- Plain microwave popcorn with parmesan cheese.
- Fruit kabobs.



LET'S COOK TOGETHER!

Cooking builds self-esteem by helping build confidence and early independence skills. By asking your child to share in family tasks you're helping him/her feel that they belong in the family.

Cooking also teaches! Tasks in the kitchen give your child a chance to use math and science skills to

do things like measure, count, and see food change when cooked or chilled. Additionally, your child can learn new words, symbols, and abbreviations by helping in the kitchen.

Cooking together is fun family time! By creating healthy meals together you're creating a lasting bond and lifelong memories with your child. It is

also a great chance to talk with and listen to your child.

Be sure to choose kitchen tasks that match your child's abilities. Start with stirring, pouring, shaking, and tearing, then move to spreading, mixing, and kneading. After that, cut, grate, and measure (with supervision!).

WIC Project Fresh is August 5th from 10am-2pm. First come, first served!

BEAN HUEVOS RANCHEROS

Ingredients

- 1 can (15-16 oz.) black beans, drained and rinsed OR 1 1/2 cups cooked beans
- 1 1/4 cups medium-hot salsa (about 12 oz.)
- 1/4 cup water
- 6 eggs
- 3/4 cup cheddar cheese, shredded

- 3-6 whole wheat tortillas

Directions

Mix beans, salsa and water in a medium frying pan.

Heat to boiling, stirring often.

Break eggs one at a time and slip gently into skillet on top of the bean mixture.

Reduce heat to medium-low. Cover and cook just



below boiling 5-8 minutes or until egg whites are firm and yolks are cooked through.

Sprinkle cheese on top of eggs and serve with warm flour tortillas.

Servings: 3-4

IMMUNIZATION WAIVER EDUCATION REQUIREMENT

Are you choosing not to immunize? There are new rules you need to know. We strongly encourage you to fully immunize your child, but ultimately the decision is yours. Effective January 1, 2015, changes to the school rules now require

parents/guardians to receive education from the local health department prior to obtaining a certified waiver. During your appointment, a nurse or health educator will provide immunization education and answer your

questions. Waivers will not be accepted by the school unless signed and stamped by a local health department. To make an appointment for waiver education, call (517) 546-9850. **Appointments are limited! Call today!**