



WIC NEWS

Volume 3 Issue 4

Summer 2016



SUMMER SAFETY TIP

Wearing a properly fitted helmet can reduce head injury risk by up to 45%

Check out these tips to get the best helmet fit:

- A helmet should fit snugly all around, with no spaces between the foam and bike rider's head.
- A helmet should not sit too high or low on the rider's head. To check, make sure the bottom of the pad inside the front of the helmet is one or two finger widths above the bike rider's eyebrows. The back of the helmet should not touch the top of the bike rider's neck.
- The side straps should make a "V" shape under, and slightly in front of, the bike rider's ears.
- The chin strap should be centered under the bike rider's chin and fit snugly, so that no more than one or two fingers fit between the chin and the strap. Tell your child or teen to open their mouth wide...big yawn! The helmet should pull down on their head. If not, the chin strap needs to be tighter.



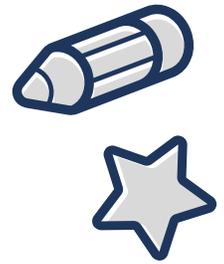
FRESH FRUIT FROZEN YOGURT POPS

1 1/2 c. nonfat plain or vanilla yogurt
2 cups cut-up fresh fruit (such as blueberries, bananas, cherries, grapes, peaches, oranges or raspberries)

1. In blender, place all ingredients. Cover; blend until smooth.
2. Divide mixture among 6 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.)
3. Freeze about 6 hours or until frozen.



IT'S BACK TO SCHOOL TIME...



Is your child up to date on vaccinations?

The Livingston County Department of Public Health (LCDPH) Immunization Clinic provides vaccines for children, teens, and adults. Our clinic is a walk-in clinic and does not make appointments.

The walk-in clinic is open on Wednesdays only from 8:30 a.m. until 4:30 p.m., with extended hours on the 2nd and 4th Wednesdays of the month until 7:00 p.m.

NUTRITION EDUCATION

What does that mean?

Every three months, your WIC card needs to be reloaded with benefits. Sometimes, you will have an appointment and your benefits will be reloaded then. Other times, you will not have an appointment and you will need to complete nutrition education.

How do you complete it?

Online

Log onto www.wichealth.org on your computer or smart phone and create an account (use your Family ID on your shopping list). Every 3 months, select and complete ONE lesson, save it and call the WIC office at (517) 546-5459 to reload the benefits to your card.

In Person

The WIC office has an education room with in-person lessons if you do not have access to the internet. Simply come in on a Wednesday, and ask the WIC staff to direct you to the education room. You will choose which lesson you want to do and after completing it, the staff will reload your card.

It's that easy. No appointment necessary!

Overweight adolescents have a **70%** chance of becoming overweight or obese adults

WIC is helpful for establishing healthy eating habits early to fight this trend!