



WIC Notes




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Low fat milk is a healthy choice for you and your family

All Milk Has:

- ◆ Calcium and vitamin D for strong teeth and bones
- ◆ Protein for muscle growth
- ◆ Calcium, potassium and magnesium for healthy blood pressure

Low fat Milk has less fat and fewer calories.



After your child turns 2, make the switch from whole milk to low fat or skim milk. You can make a gradual switch, going first to 2% Milk and then later switching again to 1% Milk or Skim Milk.

References: National Dairy Council ®

Buncha Banana Pudding

Ingredients

- 2 (3-ounce) packages vanilla instant pudding mix
- 4 cups low-fat milk
- 20 vanilla wafer cookies
- 3 bananas, sliced
- Whipped cream (optional)
- Graham cracker crumbs (optional)

Makes 6 servings
 Prep Time: 15 min
 Cook Time: 5 min

Four steps to help build and maintain strong bones are:

1. Eat a nutrient-rich diet which means getting the most vitamins, minerals and other nutrients—but not too many calories—from the foods you choose.
2. Include three servings of low-fat or fat-free dairy foods each day.
3. Be a role model. Your children will drink milk if they see you drink milk.
4. Be active and participate in activities like walking, jogging, dancing and climbing stairs.

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Prepare pudding with low-fat milk as directed on package. Spoon one cup of pudding into a 2-quart serving bowl and top with 10 cookies and half of the banana slices. Continue layering with 2 cups of pudding, remaining cookies and bananas. Top with remaining pudding, cover and refrigerate for 3 hours or overnight. Garnish with whipped cream, graham cracker crumbs or banana slices, if desired. (For variety, considering layering in additional fruit, such as sliced peaches or strawberries.)

Recipe taken from www.3aday.org

What does it mean to exclusively breastfeed?

Breastfeeding is the best way of providing ideal food for the healthy growth and development of infants. Studies have shown that exclusively breastfeeding (feeding only breastmilk) for 6 months is the optimal way of feeding infants. Thereafter infants should receive other foods and continue to breastfeed for at least a year or longer if both mom and baby decide.

To help mothers establish and continue to exclusively breastfeed for 6 months, the following is recommended:

- Start breastfeeding within the first hour of life
- Exclusive breastfeeding- the infant only receives breastmilk without any additional food or drink
- Breastfeed on demand- as often as the child wants, day and night
- No use of bottles or pacifiers



Breastmilk is the natural first foods for babies, it provides all the energy and nutrients that the baby needs for the first months of life.

Reference: World Health Organization

Cheesy Chicken Crunchers

Ingredients

- 1 cup all-purpose flour
- Pinch of salt **Makes 6 servings**
- Pinch of pepper **Prep Time: 30 min**
Cook Time: 25 min
- 4 egg whites
- 1/2 cup 2% reduced fat milk
- 1 1/2 cups cornflakes (crushed)
- 1 cup (4 oz.) reduced fat, shredded Cheddar cheese
- 6 chicken breast filets; cut into strips
- non-stick cooking spray

Preheat oven to 375 degrees Fahrenheit. Set up three bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg-wash; made by beating the egg whites and milk together; 3) cornflakes mixed with cheese.

Coat a 13 x 9-inch baking pan with non-stick cooking spray. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken and place on the baking pan. Discard any unused cornflake mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning. Serve with ketchup, BBQ sauce or low fat ranch dressing if desired.

Baked Fish au Gratin

Ingredients

- 6 frozen or fresh fish fillets such as orange roughy, cod, haddock or flounder (about 2 pounds), thawed
- Nonstick cooking spray **Makes 6 servings**
- 1/4 cup fat-free mayonnaise **Prep Time: 10 min**
Cook Time: 10 min
- 1/2 cup plain low-fat yogurt
- 1 1/4 cups sharp Cheddar cheese, shredded
- 1 teaspoon lemon pepper seasoning
- 1 cup bread crumbs

Preheat oven to 350 degrees Fahrenheit and place fillets in a 13 x 9-inch baking dish sprayed lightly with cooking spray. Combine mayonnaise, yogurt, cheese and seasoning in a bowl; mix well and spoon over fillets. Spray breadcrumbs lightly with cooking spray and toss to blend; sprinkle over cheese topping. Bake uncovered for 9 to 11 minutes. Toast in broiler for 30 seconds or until breadcrumbs are golden brown.

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