

## Healthy Habits for the New Year

Make the following changes to your life, and you will feel better and have more energy.



**Drink water** with freshly squeezed lemon throughout the day instead of drinks full of caffeine and sugar.



**Exercise 2.5 hours each week**  
Walking just 30 minutes 5 days each week will get you there. This improves sleep (see next healthy habit).



**Sleep 7-9 hours each night**  
Keep electronics away, avoid caffeine past noon and get plenty of exercise.

### What to Bring to Certification Appointments:

- Proof of current physical address
- Proof of income for the last 30 days for everyone in the home
- WIC Folder
- Current shot records for children under 3
- Clean diaper
- Person being certified

## Public Health Office Locations



**LEWISTON, ID**  
Nez Perce County  
215 10th Street 83501  
208.799.3100



**MOSCOW, ID**  
Latah County  
333 E. Palouse River Drive 83843  
208.882.7506



**OROFINO, ID**  
Clearwater County  
105 115th Street 83544  
208.476.7850



**KAMIAH, ID**  
Lewis County  
132 N. Hill Street 83536  
208.935.2124



**GRANGEVILLE, ID**  
Idaho County  
903 W. Main 83530  
208.983.2842

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12-11-2017



**Public Health**  
Idaho North Central District

# WIC NEWSLETTER WINTER 2017-2018

*Serving Idaho:* Clearwater County, Idaho County, Latah County, Lewis County, and Nez Perce County



**PREVENT • PROMOTE • PROTECT**



SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN





# In Season: Winter

Purchase fruits and veggies that are in season for a lower price and better taste.



- Clementines • Brussels Sprouts • Grapefruit
- Kale • Kiwis • Leeks • Mandarin oranges
- Oranges • Squash • Pears • Persimmons
- Pomegranates • Sweet potatoes
- Tangerines • Turnips



## WALK-IN WEDNESDAYS

(Lewiston Only) no appointment needed

8:30 am to 4:30 pm

What to Bring to Walk-In Wednesday:

- Those participating on WIC
- WIC folder
- Proof of physical address

**\*Service is on a first-come, first-serve basis**

**\*Wait times may vary**

The WIC Program is an equal opportunity provider.

## Dealing with Picky Eaters

Does your child only eat the same foods day after day and is not willing to try new foods? Here are some tips that will help.

- **Respect your child's appetite.** If your child is not hungry, don't force a meal or snack. However, have him/her sit at the table with the family to practice good habits.
- **Stick to a routine.** Serve meals and snacks around the same times every day.
- **Be patient with new foods.** Continue offering new foods to your child. Sometimes it takes 10+ times until a person accepts a new food.
- **Don't be a short-order cook.** This is especially important, because your child will eventually expect only the foods that he/she wants creating picky eating.
- **Make foods fun.** Have your child help you pick out fruits and veggies.
- **Be creative.** Give foods fun names. Call broccoli "trees", cauliflower "clouds" and sliced carrots "coins".
- **Set a good example.** If you eat a variety of healthy foods, your child will be more likely to also. And if you don't like a certain food, don't bring attention to it.

[www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)

## Recipe Corner

Enjoy Brussels Sprouts the right way!

Check out the recipe below to experience the most delicious way to eat them. The bitter taste in Brussels Sprouts disappears with this recipe.

- Rinse Brussels Sprouts. Remove any bad leaves and trim off ends.
- Toss Brussels Sprouts with a little oil (olive or vegetable), salt and pepper.

roasted  
brussels  
sprouts



- Roast in 450° oven for 20 to 30 minutes on a metal baking sheet.
- Serve with a dipping sauce made of balsamic vinegar, oil and pepper or a classic salad dressing like Ranch.

<http://numatters.com>