

Perfect Pumpkin Pancakes

- 2 cups flour
- 6 teaspoons brown sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 1/4 teaspoons pumpkin pie spice (cinnamon, nutmeg, ginger and cloves)
- 1 egg
- 1/2 cup pumpkin (canned or cooked)
- 1 3/4 cups milk (fat free or 1%)
- 2 tablespoons vegetable oil



Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl. Combine egg, pumpkin, milk and vegetable oil in a medium bowl. Add wet ingredients to flour mixture, stirring until moist (batter will be lumpy). Pour batter onto a hot griddle and cook until bubbles begin to burst, then flip. Cook until golden brown.

*Makes about 1 dozen 3 1/2 inch pancakes.

- What's Cooking USDA Mixing Bowl

Have you heard about:

Walk in Wednesdays
in Lewiston 8:30 to 4pm ?

No appointment is needed

- ◇ Bring those participating on WIC
- ◇ WIC folder
- ◇ Proof of physical address

Walk-ins will be served on a first-come, first-serve basis with the average wait times

only 5-10 minutes.



Public Health
Idaho North Central District



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501
Phone: 208-799-0390

Moscow-Latah County

333 E. Palouse River Dr.
Moscow, ID 83843
Phone: 208-882-7353

Orofino-Clearwater County

105 115th Street
Orofino, ID 83544
Phone: 208-476-7850

Grangeville-Idaho County

903 W. Main Street
Grangeville, ID 83530
Phone: 208-983-2842

Kamiah-Lewis County

132 North Hill Street
Kamiah, ID 83536
Phone: 208-935-2124

WIC

NEWSLETTER

Fall 2019



The WIC Program is an equal opportunity provider.



eWIC



eWIC



eWIC



WHAT'S NEW:

Starting October 10th WIC participants will be receiving an eWIC card loaded with WIC food benefits instead of WIC checks!

With almost 1000 families & 5 WIC clinics, please be patient as we slowly convert everyone to eWIC cards. But we promise everyone will have an eWIC card before the clock strikes midnight on December 31, 2019!

WIC needs the responsible adult to come to the eWIC conversion appointment. If you want a second eWIC card holder, both individuals should come.


- We will need their
- * date of birth
 - * proof of ID
 - * & mailing address



We will help you set a PIN before you leave the clinic.

In Season: Fall

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

Apples	Cranberries	Potatoes
Beets	Cucumbers	Pumpkins
Broccoli	Garlic	Sweet potatoes
Brussels sprouts	Ginger	Winter squash
Carrots	Mushrooms	
Cauliflowers	Pears	

Breastfeeding Corner

Here's what local WIC moms are saying about breastfeeding: **Don't give up!**

"Breastfeeding has been one of the most rewarding and hard things I've had to do (especially supplementing). But, the bond that I have with my daughter already has been more than worth it."

"Breastfeeding has been a lifesaver for my family! It has kept my son from getting sick, it helped my postpartum depression get better, and it brings my baby comfort. It's the best thing a woman can do for her baby."

Are you nervous about eWIC cards?

The WIC Shopper App can help!

Available for download on Apple and Android devices. It helps you locate WIC authorized stores & WIC clinics.

While **Shopping**, it contains the WIC Food List, cereal & produce calculators, reporting of WIC food list problems and after your eWIC conversion it updates your WIC food benefits.

It also features healthy recipes, budgeting & life hacks.

WICShopper

The free mobile app for WIC participants.

- 1 Install "WICShopper" from your app store.
- 2 Select Idaho as your WIC agency.
- 3 Find a map of stores and WIC clinics in your area.
- 4 Scan product UPCs to see if items are WIC approved.
- 5 View the WIC food list, yummy recipes and more, right from your phone!

Learn More

at EBTShopper.com



The WIC Program is an equal opportunity provider.