

Sugar Sweetened Beverages

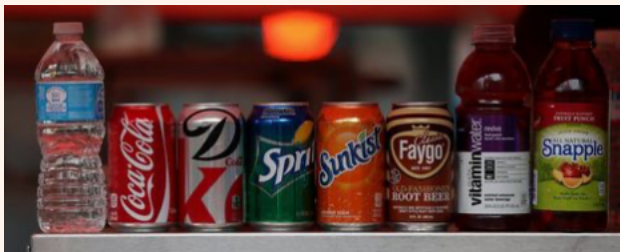
Sugar-sweetened beverages are full of sugar and calories, and low in nutrients. Examples of sugar sweetened beverages are soda, fruit punch, lemonade, sweet tea, flavored waters & sport drinks.

How to know if a drink is a sugar sweetened beverage:

Look for sugar or corn syrup in the ingredients list on a beverage label. Dextrose, sucrose, glucose & maltose are also common names for sugar.

Tips for drinking water:

- Try it cold with ice
- Squeeze in lemon or lime juice
- Add pieces of fruit or berries or cucumber to flavor the water
- Try fizzy water such as seltzer or sparkling water



www.eatrightpro.org

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The WIC Program is an equal opportunity provider.

WIC Newsletter

Winter 2019



In season this winter



Purchase fruits and vegetables that are in season for lower price and better taste

WALK- IN WEDNESDAYS

WIC now offers WALK-IN WEDNESDAYS at the Lewiston Office from 8:30-4:00 PM.

What to bring:

1. Those participating on WIC
2. Proof of Identification
3. Proof of physical address

Walk-Ins will be served on a first-come, first-serve basis & wait times may vary

eWIC

eWIC is the new and improved way to shop for WIC foods. eWIC cards will replace paper checks. They'll work like debit cards—just swipe and enter a PIN #.



eWIC Helpful Hint

Check your balance:

- Use the FREE WICShopper app
- Log onto www.ebtedge.com
- Call eWIC Customer service at: 1-844-892-3084
- Look at the remaining food balance printed on your last WIC shopping receipt



Recipe Corner

Hearty Corn Bean Chowder

Yields 4 servings

Ingredients:

- 1 1/2 onions, finely chopped
- 1/4 cup chicken broth
- 1 cup water
- 3 potatoes, peeled and chopped
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 1 can (16 oz.) corn, drained
- 1 can (16oz.) beans, drained
- 2 cups low-fat milk

Directions

1. Saute onion in broth.
2. Add water, potatoes and seasonings
3. Cook until potatoes are tender, about 15 minutes.
4. Mash potatoes slightly.
5. Add corn, beans and milk
6. Heat until simmering.
7. Do not boil.
8. Serve with parsley garnish, if desired.

<https://www.mfhs.org/tools/wic-recipes/>