

Do you like your eWIC card? Be sure to tell a friend about WIC switch to eWIC card! They can always call for an appointment or Everyone is always welcome at Walk in Wednesday clinic in Lewiston from 8:30 am -4 pm



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: 208-882-7506

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



NEWSLETTER

Spring 2020

Rainbow Pasta Salad

Ingredients:

8 ounces tri-color rotini noodles

1 cup chopped fresh or frozen broccoli

1 cup chopped tomatoes

1/2 cup diced peppers

1/4 cup sliced black olives

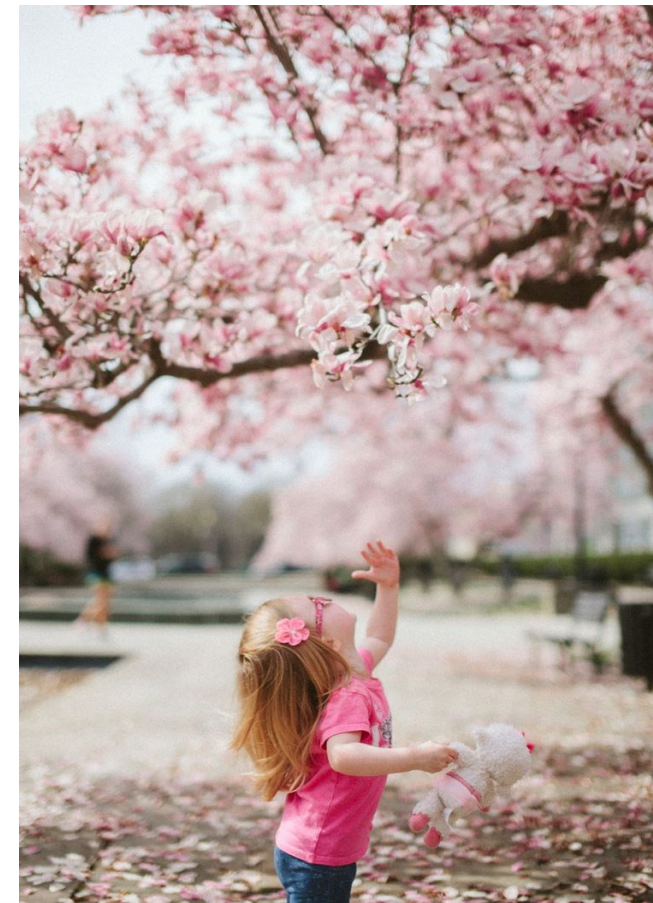
1 cup your favorite Italian salad dressing

1/2 cup diced mozzarella cheese

Step 1 - Cook pasta in boiling water. Drain.

Step 2 - Combine cooked pasta with rest of the ingredients. Stir well.

Step 3—Eat warm or chill in refrigerator until cold before serving.



The WIC Program is an equal opportunity provider.

Active Play Ideas

- sidewalk chalk • chasing shadows
- hopscotch • puddle footprints
- farmers market • fly a kite • blow bubbles
- walk to the store • library • play at the park
- Ring-Around-the-Rosie • London Bridges
- wash the tricycle • nature hike
- gardening • dress-up parade



Rainy Day?

Fun indoor activities on rainy days

- Build a fort**—use couch cushions, chairs and sheets to build a fun fort
- Dance**—turn on the music and dance
- Cardboard box**—Let their imagination run wild by giving them a box
- Make music**—use pots & pans with kitchen utensil to start a family band
- Paint**—paint rocks then hide them around town when the rain stops
- Scavenger Hunt**—make a list of items for your child to find throughout the house

Choose Fresh!

Purchase Fruits and Veggies that are in season for a lower price and better taste.

Apples	Collard Greens	Onions
Apricots	Garlic	Peas
Asparagus	Kale	Pineapples
Avocados	Kiwifruit	Radishes
Bananas	Lemons	Rhubarb
Broccoli	Lettuce	Spinach
Cabbage	Limes	Strawberries
Carrots	Mushrooms	Swiss Chard
Celery		Turnips

Breastfeeding Corner

Did you know that WIC always has someone available to answer your breastfeeding questions—our peer counselors. Just call any WIC office & ask to speak to someone about breastfeeding.

We would love to help!

Peer counselors also send mailings with helpful breastfeeding information during pregnancy & the first couple of weeks after the baby is born. Peer counselors can meet with you one on one. Just call the WIC office to join our peer counseling program.

March Is National Nutrition Month

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition and Dietetics

Many children may not like to try new foods.

Serve new foods with familiar favorites.

Offer a small amount.

“No thank you bites”

Just a sample — think like Costco!

Don't give up!

Children may need to try a food many times before they begin to like it.

Children who are willing to try new foods have healthier diets even when they don't like everything.