

## Banana Muffins

Makes 12 muffins

1/2 cup oatmeal

1 1/4 cups flour

1/4 cup sugar

1 Tbsp baking powder

1 cup milk

1 egg

2 tbsp oil

1 mashed banana



Wash hands & preheat oven to 350F

Grease muffin tins or line with muffin liners.

In a bowl mix oatmeal, flour, sugar & baking powder.

Add milk, egg, oil & bananas to bowl & stir until ingredients are combined.

Spoon into muffin tins & bake for 20 minutes until lightly browned.



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## NEWSLETTER

Spring 2021



The WIC program is an equal opportunity provider

Healthy Snacks are best for small children rather than offering treats.

Some good ideas ..... fresh fruit  
peanut butter toast  
cheese & crackers  
vegetables & dip

**MYTH—more than 2 hours of screen time per day is okay as long as it's educational.**

Kids over 2 shouldn't watch television or use a computer or smartphone for more than 2 hours per day, according to the American Academy of Pediatrics.

Excessive screen time is linked to:

- Obesity
- Irregular sleep
- Behavior problems
- Lower test scores
- Less time for active, creative play

Remember:  
Babies and toddlers under 2 should have very limited or no screen time.

Kids learn while they play! Set limits by keeping screens out of the bedroom, eating away from the television or just turning it off.



## Spring Produce



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

Apples	Collard greens	Papaya
Apricots	Corn	Peas
Artichokes	Cucumbers	Pineapple
Asparagus	Garlic	Radishes
Bananas	Grapefruit	Rhubarb
Bell peppers	Green beans	Spinach
Broccoli	Honeydew	Strawberries
Cabbage	Lettuce	Swiss chard
Cantaloupe	Mushrooms	Turnips
Cauliflower	Onions	
Celery	Oranges	

Use spring fever to increase your family's activity level.

Here are some ideas to get you started...

### Indoor Fun

dance party • jumping jacks • roll balls  
play with empty boxes • run in place  
blanket fort building • climb on cushions  
• play dress up •  
Ring-Around-the-Rosie • London Bridge  
Simon Says

### Outdoor Fun

sidewalk chalk • chasing shadows  
hopscotch • puddle footprints  
hold a parade • fly a kite • blow bubbles  
scavenger hunt in neighborhood  
wash the tricycle • play at the park  
• go for a walk •  
nature hike • start a garden

## Breastfeeding Corner

One mom's reason for breastfeeding:

*"Breastfeeding is the way to go! I plan on doing it with all my kids; there are so many weird things in formula."*

**Did you know you can call WIC for breastfeeding help?** We love to help WIC moms reach their breastfeeding goals.