

Healthy Chicken Nuggets

1-2 pounds of chicken breast

2 Tbsp honey

2 Tbsp water

1-2 cups crushed corn flakes

Wash hands. Preheat oven to 425F. Chop chicken into pieces. Mix honey & water together. Dip the chicken into the honey / water mixture before rolling in corn flakes. Spread onto greased baking sheet. Bake 10 minutes, turning the chicken over after 5 minutes. Be sure chicken is no longer pink & heated to 165F. Enjoy!

Taco Soup

1/2 onion, chopped
2 garlic cloves, minced
1-pound lean ground turkey or beef
1 can beans, drained
1 can corn, drained
1 can green chilis (optional)
2 cans crushed tomatoes
2 cups low sodium broth
1 packet taco seasoning

Heat a little oil to cook garlic & onion for a minute or two. Add meat & cook until browned. Add rest of soup ingredients & simmer for 20 minutes.

Serve with cheese, sour cream, corn chips or avocado.



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501

Phone: 208-799-3100

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



Our WIC clinics have reopened. Certification appointments are expected to be completed in person so that we can collect signatures & required documents. Call us if this is a hardship .

We will continue to offer WIC NE by phone & WIC Smart NE online so that receiving WIC services is flexible & convenient for your family.

Winter Fun

Outside...

- * Bundle up & go for a brisk walk.
- * Power play at the park—how fast can your children climb, slide, swing & run back to the stroller or car.
- * Play in the snow—make snow angels, go sledding or build a fort or snow people.
- * Build a fort out of chairs & blankets.
- * Turn on some music & dance.
- * Go swimming in the bathtub.

...Or Inside!

Did you know ?

Fruit & Vegetable CVV are increasing: \$26 for children, \$47 pregnant moms & \$52 breastfeeding moms.

Choose Fresh!

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



Winter



Apples	Grapefruit	Pears
Avocados	Kale	Pineapple
Bananas	Kiwi Fruit	Potatoes
Beets	Leeks	Pumpkin
Brussels sprouts	Lemons	Rutabagas
Cabbage	Limes	Sweet Potatoes
Carrots	Onions	Swiss chard
Celery	Oranges	Turnips
Collard greens	Parsnips	Winter Squash

Breastfeeding Corner

So many pregnant moms hope to successfully breastfeed their baby but what do you really need to know ...

How to latch baby to your breast

How to tell if baby is hungry

How to have enough breastmilk

WIC wants to help you reach your breastfeeding goals.

Ask a WIC staff member to sign you up for our peer counseling program.

The holidays often mean more sweets but it can also mean changes in routines



Eating sweets can cause behavioral problems not because your children ate sugar but because sweets do not satisfy a child's hunger for very long. A healthy meal or snack even with a special treat on the side keeps children well fed & happy. Don't let the change in routine over the holidays result in cranky children by remembering small tummies need frequent healthy foods with a sweet only once in a while..

Healthy Treat ideas

Fruit kebobs • **Tortilla rollups**

Olives • **Cookie cutter sandwiches**

Dips for vegetables