

BREASTFEEDING: How does IDAHO compare?

Children ever breastfed:

- ⇒ Idaho 84.4%
- ⇒ Nationally 79.2%

Children breastfeeding at 6 months:

- ⇒ Idaho 56.8%
- ⇒ Nationally 49.4%

Exclusive Breastfeeding at 3 months:

- ⇒ Idaho 40.2%
- ⇒ Nationally 40.7%

Exclusive Breastfeeding at 6 months:

- ⇒ Idaho 24.4%
- ⇒ Nationally 18.8%

Nice work Idaho! Keep it up!

Source: Centers for Disease Control



What to Bring to Certification Appointments:

- ◇ Proof of current physical address
- ◇ Proof of income for the last 30 days for everyone in the home.
- ◇ WIC Folder
- ◇ Current shot records for children under 3.
- ◇ Clean diaper
- ◇ Person being certified



Public Health
Idaho North Central District



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501
Phone: 208-799-0390
Fax: 208-799-0349

Moscow-Latah County

333 E. Palouse River Dr.
Moscow, ID 83843
Phone: 208-882-7353
Fax: 208-882-3494

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 2016



WIC Yogurt

Count it as a serving of DAIRY!

1-3 Years = 2 cups dairy/day
 4-5 Years = 2.5 cups dairy/day
 Adults = 3 cups dairy/day

Reduced fat, low fat, or fat free yogurt

Buy

32 oz containers, only the brands and flavors listed.



Brown Cow Plain



Dannon All Natural Plain or Vanilla



Fred Meyer Plain



Great Value Plain



Lucerne Plain



Mountain High Plain or Vanilla



Nancy's (non-organic) Plain or Vanilla



Tillamook Plain



Western Family Plain



Yoplait Original Plain, Vanilla, Strawberry, Peach, or Strawberry Banana

Do Not Buy

Organic, Greek, single serving containers.

Fresh & Healthy

Idaho WIC authorized food list



5 Reasons Yogurt Should Be on Your Checks

1. Power-packed nutrition!

- ◆ 1 serving contains 35% of your daily calcium for strong bones and 11 g of protein for energy to work and play.

2. Keeps you regular and healthy!

- ◆ Those *live-cultures* in yogurt help your body digest food and keeps your immune system strong.

3. Quick healthy snack!

- ◆ Mix yogurt with fruit and nuts for a quick snack that kids and parents enjoy.

4. Recipe makeover, healthy-style!

- ◆ Sub plain yogurt for mayonnaise, cream, or sour cream in your recipes for a new creamy twist with less fat and more protein!

5. Easy on the gut!

- ◆ Lactose-sensitive? Yogurt has less lactose than milk and may be easier on your gut.

Source: Idaho Health and Welfare

Creamy Mashed Sweet Potatoes

Makes 4 Servings
 Total Time: 30 min

Ingredients

1. 2 pounds sweet potatoes or yams, peeled and cut into 1/2 inch pieces
2. 1 tablespoon brown sugar
3. 1/2 teaspoon ground cinnamon
4. 1/2 teaspoon salt
5. 1/2 cup Plain Yogurt

Directions

1. Place the sweet potatoes in a large pot and fill with cold water to cover the potatoes. Bring the water to a boil over high heat, reduce heat to medium-low and then simmer for 10-15 minutes or until the sweet potatoes are tender when pierced with a fork.
2. Drain the sweet potatoes, shaking to remove excess water. Pour the potatoes into a large bowl.
3. Add the brown sugar, cinnamon, salt, and yogurt to the sweet potatoes. Mash to your desired texture and serve warm.

Source: <http://www.foodandwine.com/recipes/mashed-sweet-potatoes-greek-yogurt>



The WIC Program is an equal opportunity provider.