

A warm breakfast or
a quick easy dinner for your
family using WIC foods

Baked French Toast

- 6 slices whole wheat bread
- 6 eggs
- 1 cup milk
- 2 Tbsp brown sugar
- 1 tsp cinnamon
- 1 tsp vanilla

1. Wash hands
2. Preheat oven to 375 F
3. Grease 9 inch x13 inch baking pan.
4. Line bottom of pan with the bread slices.
5. Mix together eggs, milk, brown sugar, cinnamon & vanilla in a bowl.
6. Pour over bread.
7. Bake for 20 minutes. Egg should be firm or 160F when checked with an oven thermometer.
8. Separate the slices & serve with toppings of choice.



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



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.

...Or Inside!

- * Build a fort out of chairs & blankets.
- * Make a playroom—clear out a large indoor area or garage. Children can jump rope, roller skate, ride trikes, pull a wagon or play ball.
- * Turn up the music and dance.

WIC is OPEN

WIC will continue to provide eWIC benefits to WIC families during COVID-19 pandemic.

Call your local WIC clinic — we will make WIC work for you & your family.

Choose Fresh!

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



Winter



Apples	Grapefruit	Pears
Avocados	Kale	Pineapple
Banana	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

Here's what WIC moms are saying about breastfeeding: **It's Better for Baby**

“Breastfeeding is the most important thing you can do for your babies since it boosts their immunity.”

“Nursing is the best thing, I have ever done for my children.”

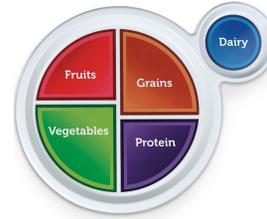
WIC wants to help you reach your breastfeeding goals.

Ask a WIC staff member to sign you up for breastfeeding mailings during pregnancy & our peer counselors are always available to answer any questions over the phone.

Small plates work...

Remember that good things can come in small portions.

Studies have shown that we eat more when we have larger plates or bowls.



Try using a 9 inch plate tonight!

Small children need small amounts...

Remember that children only need small amounts of food to fill their bellies UNLESS they happen to be in the middle of a growth spurt.

A tablespoon per year of age is a good guideline for portion sizes for most foods.

A toddler needs a couple of tablespoons of vegetables, a couple of tablespoons of a side dish & a couple of tablespoons of a protein choice with a couple of ounces of whole milk for dinner.

A small piece of fruit is a great snack between meals in order to offer all the food groups.

Use child sized plates & cups so you don't accidentally over serve them at mealtime.

Allow them to ask for more when they are extra hungry & TRUST their appetites.