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



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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105 115th Street

Orofino, ID 83544

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Grangeville-Idaho County

903 W. Main Street

Grangeville, ID 83530

Phone: 208-983-2842

Kamiah-Lewis County

132 North Hill Street

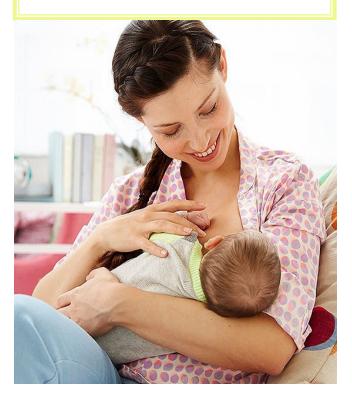
Kamiah, ID 83536

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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

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







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	

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.

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