

Interested in  
*free* fresh fruits  
and veggies  
from the  
Farmers  
Market?

You may be  
eligible to receive  
\$17 worth of  
Farmers Market  
checks. Just ask  
us for your  
checks!

- You have until  
Oct 31 to spend  
them!
- Checks get used  
like cash: no ID  
is needed &  
anyone can  
spend them for  
you!
- Many local  
markets and  
farmstands  
accept the  
checks!
- Support local  
farmers!
- Organic  
produce is  
allowed!
- Kids have fun at  
the market!

# WASHINGTON COUNTY WIC WIRE

July-Sept 2015



**COMING in SEPT... WISCONSIN eWIC**  
**No more paper checks! More info on back...**

## Focus on Fruits, Vary Your Veggies

Submitted by Renee Vertin, RDN, SNAP-Ed/WNEP, UWEX

Do the phrases in the title of this article sound familiar? They are slogans that tie in with the 2010 Dietary Guidelines for Americans. Further, MyPlate says make half your plate fruits and vegetables. Slogans are easy to say, but the fact is most of us Americans are not acting on these reminders to eat enough fruits and vegetables daily.

So, what benefits would we reap if we did? Research of the Centers for Disease Control and Prevention reveals Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Produce also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.

Nutrition guidelines recommend daily intake of produce as follows:

- 4 to 5 cups for women ages 18 to 65;
- 2 to 3 cups for children ages 2-3;
- and 2½ to 3½ cups for 4-year olds.

[www.supertracker.usda.gov](http://www.supertracker.usda.gov) or your WIC Nutritionist  
can provide intake amounts for an individual.

These ideas can help your family eat their way to better health:

- Use fruit in cereal, muffins, waffles, salads, coleslaw, and smoothies.
- Eat raw vegetables, instead of chips or fries, with a sandwich.
- Choose fruit for dessert, such as baked apples or fruit kabobs.
- Add shredded carrots or zucchini to ground meat entrees—like meatloaf—or to eggs.
- Place more veggies on pizza, or make a vegetable stir-fry.

WNEP is a partner of WIC, and is located in the county UW-Extension office.

## Featured Recipe: Cauliflower Mac & Cheese

1 lb. penne pasta (wheat)  
1 cup milk  
1 lb. shredded cheddar cheese  
½ head cauliflower florets  
¼ cup parmesan cheese  
salt and pepper to taste  
1 tablespoon chopped parsley

Bring salted water to a boil and cook the pasta until done. In the meantime, cook the cauliflower until soft. In a medium sized pan, transfer the pasta and pour the cauliflower in. Add the milk, cheese and season to taste.. Sprinkle chopped parsley.  
Serve immediately. Serves 4 or more.



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## 6 Ways to Reduce Stress at the Doctor's Office



1. Bring a comfort item, such as a favorite book, blanket or toy, to help a child feel safe.
2. Be honest with older children. Let them know that shots can pinch or sting, but the discomfort won't last long. Remind them that shots help keep them healthy.
3. Distract your child with a toy, a story, a song or something interesting in the room.
4. Make eye contact with your child and smile, talk softly or sing.
5. Hold your child tightly on your lap if you can.
6. Take deep breaths with an older child to help "blow out" the pain.

## Get Ready for EBT!

We are excited for big changes coming to WIC this fall! Paper checks are being replaced with an EBT card called the "eWIC card". This card will be issued to all families in Washington County beginning the second week of Sept. It is important to allow 15-30 **extra** minutes for your visit to the WIC office when you are scheduled, to convert to the new card. Proxies should **not** be sent to this visit since paperwork will need to be signed when the eWIC card is issued. You can view lots of information about eWIC at the WI WIC website [www.dhs.wisconsin.gov/wic/](http://www.dhs.wisconsin.gov/wic/) We encourage you to take a look at this info before your next visit to WIC!



eWIC will be **SIMPLE**  
 eWIC will be **SAFE**  
 eWIC will be **CONVENIENT**  
 eWIC will be **DISCREET**  
**ENJOY** eWIC beginning this fall!

**WASHINGTON  
 COUNTY WIC  
 WIRE**

## Free Bike Helmets!

**If you receive WIC and have a child under age 5 years, you are eligible to receive a free bike helmet for your child. Please call the Health Dept to set up an appointment 262-335-4742. Or you can receive it after your WIC appointment, by seeing Michelle or Lori in the Health Dept. Your child MUST BE PRESENT to be fitted for the helmet.**