

**Women
Infants
Children**

The WIC Informer

Back Issues of this publication are available on our website: cdhd.idaho.gov

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Breastfeeding Promotion & Support in WIC



Research has shown that there is no better food than breast milk for a baby's first year of life. Breastfeeding provides many health, nutritional, economical and emotional benefits to mother and baby. Since a major goal of the WIC Program is to improve the nutritional status of infants, WIC mothers are encouraged to breastfeed their infants. WIC has historically promoted breastfeeding to all pregnant women as the optimal infant feeding choice, unless medically contraindicated.

- WIC mothers choosing to breastfeed are provided information through counseling, breastfeeding classes, and breastfeeding educational materials.
- Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers.
- Breastfeeding mothers can receive breast pumps, breast shells or supplemental nursing devices to help support the initiation and continuation of breastfeeding.
- Mothers who exclusively breastfeed their infants receive an enhanced food package. And exclusively breastfed infants receive additional amounts of food beginning at 6 months of age.

With the new food packages, breastfeeding mothers and breastfed infants receive additional incentives. Fully breastfeeding mothers receive:

- \$10 cash value voucher for fresh fruits and fresh vegetables
- Peanut butter and dried beans or peas
- Canned tuna or canned pink salmon
- Additional milk
- Additional eggs
- Juice
- Cereal
- Whole wheat bread or soft corn tortillas

With the new food packages babies 6-12 months who are exclusively breastfed receive:

- Additional baby food fruits and vegetables
- Baby food meat
- Infant cereal



Please call: Central District Health Department WIC Program at 327-7488 and ask to speak with a Breastfeeding Coordinator for help with breastfeeding.

Resources: <http://www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.HTM>
<http://www.healthandwelfare.idaho.gov>
[LinkClick.aspx?fileticket=IH5BWZGCxRY%3d&tabid=92&mid=938](http://www.healthandwelfare.idaho.gov/LinkClick.aspx?fileticket=IH5BWZGCxRY%3d&tabid=92&mid=938)

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**

The WIC Program is an equal opportunity provider and employer.



Clinic Locations & Hours

Ada County

Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:

Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-7:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County

Contact Ada County Office
to schedule an appointment
Tel (208) 327-7488
Fax (208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon – Fri 8:00-5:00
1st & 3rd Wed 9:00-6:00

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 – 4:30

Cascade Medical Center
3rd Tuesday of every month
Contact McCall office to
schedule an appointment
Tel (208) 634-7194
Fax (208) 634-2174

*Clinics closed on
all government holidays*

Family Planning - After Your Baby Is Born



After your baby is born, your life takes on a new level of busyness. Not only are you responsible for yourself, but now the well-being of this new life. Taking time to care for yourself becomes more complicated, but it is important to do just that.

Did you know that it takes up to two years before all the minerals within your body are restored to normal after having a baby? This is one reason why health professionals encourage women to space their children at least two years apart. A well nourished woman has a better chance of having a healthy pregnancy and preventing premature delivery.

Family Planning can help you take care of this one aspect of your life. Our family planning clinics offer many reliable forms of birth control and most of our services are provided on a sliding fee scale. We will even try to coordinate your family planning appointment to follow your WIC appointment if possible.

Boise office: 327-7400.
Mountain Home office: 587-4407.
McCall office: 634-7194.

Hope to see you soon!

Immunization Timing

	at age 2 months	Minimum age for first dose	at age 4 months	Minimum interval from prev. dose	at age 6 months	Minimum interval from prev. dose	at age 12 months	Minimum interval from prev. dose	at age 15 months	Minimum interval from prev. dose	at age 4-6 years	Minimum interval from prev. dose	
HepB	IPV	6 weeks	IPV	4 weeks	IPV	4 weeks	MMR	On or after 1 st birthday	DTaP	6 months	IPV	4 weeks	
HepB	Birth	HepB	4 weeks	HepB	8 weeks	MMR	On or after 1 st birthday	DTaP	6 months	IPV	4 weeks	DTaP	6 months
Hib	6 weeks	Hib	4 weeks	Hib	4 weeks	Hib	8 weeks	Hib	8 weeks	HepA	6 months	MMR	4 weeks
DTaP	6 weeks	DTaP	4 weeks	DTaP	4 weeks	VAR	On or after 1 st birthday	VAR	6 months	MMR	4 weeks	VAR	3 months
PCV	6 weeks	PCV	4 weeks	PCV	4 weeks	PCV	6 weeks	HepA	On or after 1 st birthday				
Rv	6 weeks	Rv	4 weeks	Rv	4 weeks								

IRIS

Idaho Immunization Program

HEALTH & WELFARE

Preteen Vaccines
Make sure children 9-12 years are protected. Give meningococcal, Tdap booster, MMR #2, 3 dose Hep B series, 3 dose Hep A series, 3 dose HPV series, and 2 dose varicella series unless there is a reliable history of disease or vaccination.

This is a recommended schedule. For alternatives and details, consult the latest "Recommended Childhood Immunization Schedule, United States."
* Hep B can be given at 0, 1, and 6 months.
** Not needed if Pedvax Hib is administered.
*** As of January 2007 a second dose of varicella is recommended for children 4-6 years of age.
**** Series needs to be started by 13 weeks. The final dose of the series needs to be administered by 32 weeks of age.

The Novel H1N1 (swine) Flu and Your WIC Appointment

The novel H1N1 (swine) flu is another strain of the influenza virus and its symptoms are similar to those of the seasonal flu virus. The symptoms include a high fever, cough, sore throat, body ache, head ache, and general fatigue. Some people have also reported diarrhea or vomiting. If you or your children are experiencing these symptoms PLEASE don't come in for your WIC appointment.

As you know, the WIC program deals with pregnant women and young children, who are among the most vulnerable to serious effects of the flu. The H1N1 flu can be easily spread to WIC clients and staff. Call the WIC office and reschedule your appointment or make other arrangements to get your WIC check.

Ada and Boise counties call 327-7488. In Elmore County call 587-4409. In Valley County call 634-7194.

For more information on the novel H1N1 flu visit our website: www.cdhd.idaho.gov.

What's On Your Plate?

How to enjoy fruits and vegetables at every meal



BREAKFAST

- Top French toast or waffles with berries, slices of banana or kiwi fruit.
- Fill an omelet with mushrooms, peppers, onions, zucchini, and spinach.
- Add fresh, canned, or dried fruit to plain yogurt or cereal.

LUNCH

- Replace half the meat in sandwiches with extra slices of tomato and romaine or leafy lettuce.
- Add fruit slices or grapes to any green salad.
- Make a peanut butter sandwich with slices of apple or pear instead of jelly.
- Top a baked potato with broccoli or salsa instead of butter and sour cream.
- Head to a salad bar and fill up on mostly raw, crunchy vegetables.
- Buy or make a bean burrito stuffed with extra vegetables.
- Add your favorite chopped fruits and vegetables to tuna or chicken salad.

DINNER

- Garnish a fillet of sole with grapes, or add pineapple slices to grilled chicken breast.
- Finely chop any type of vegetable in a food processor, then sauté and add to lasagna.
- Stuff a meatloaf with celery, onions, carrots, and lentils.
- Spray vegetables lightly with olive oil and roast them in a 400 degree oven or grill them on skewers.
- Grill stone fruits like peaches, nectarines, and plums for dessert.

Source: *5 a Day: The Better Health Cookbook*, by Dr. Elizabeth Pivonka and Barbara Berry, Rodale Books

DID YOU KNOW???

A diet that includes lots of fruits and vegetables may help lower your risk for cancer, heart disease, and type 2 diabetes. The USDA Food Guide Pyramid recommends these daily totals for adults:

2 ½ CUPS VEGETABLES

1 cup raw or cooked, 2 cups raw leafy vegetables, or 1 cup 100% juice counts as 1 cup. The size of a fist is equivalent to one cup.

2 CUPS FRUIT

1 cup raw or cooked fruit, 1 medium piece of fruit (the size of a tennis ball), 1 cup 100% juice, or ½ cup dried fruit count as 1 cup.

Recipes

Penne Pasta

With
Tomatoes, Garlic and Basil

Fresh tomatoes and heart-healthy olive oil are the foundation for this simple dish

For the pasta

- 1 lb penne pasta
- 2 Tbsp kosher salt
- 1 Tbsp olive oil

For the sauce

- 1/3 cup extra-virgin olive oil
- 1 oz. fresh basil, stems removed, leaves left whole, dry
- 6 cloves fresh garlic, peeled and sliced thin
- 1 lb (about 4 medium) Roma tomatoes, cut into 1/2 -inch wedges
- 2 tsp kosher salt, or to taste
- 1 tsp freshly ground black pepper, or to taste
- Grated Parmesan cheese as an accompaniment



Boil the pasta in salted water until barely tender, about 10 minutes. Drain and scatter over a baking sheet rubbed with olive oil to halt coking. Heat oil over medium heat and add basil leaves then garlic, and sauté until fragrant but not browned. Add tomatoes, salt, and pepper and sauté until tomatoes are soft and heated through.

Toss the sauce with the pasta and serve with Parmesan cheese passed separately.

Serves 6. Per serving: 425 calories, 13 g protein, 60 g carbohydrates, 15 g total fat (3 g saturated fat), 4 g fiber, 400 mg sodium.

Source: West Coast Cooking, by Greg Atkinson, Sasquatch Books

In-Season Fruits & Vegetables - Winter (Sept - Nov)

<u>Fruit/Vegetable</u>	<u>Vitamins</u>	<u>Fruit/Vegetable</u>	<u>Vitamins</u>	<u>Fruit/Vegetable</u>	<u>Vitamins</u>
Apples		Grapes, red		Pumpkin	A
Broccoli	A & C	Pears		Winter Squash	A
Brussels Sprouts	C	Peaches	A	Sweet Potatoes	A
Cauliflower	C	Peppers	C	Tomatoes	A & C
Cranberries		Potatoes			