

Women Infants Children

The WIC Informer

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

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Donation of Books

The Women's Ministry at Cole Community Church held a book drive for several agencies throughout the Treasure Valley. Some of the books were donated to the WIC Program in Ada County to be distributed to the children we serve. Pictured with the boxes of books are Janet Schultz & Lisa McLean from Cole Community Church and receiving the books is Karen Barnard Martz, the WIC Coordinator for Central District Health. On behalf of the children we serve, thanks Cole Community Church for the book donations.



Coping With Food Allergies

The Food Allergy and Anaphylaxis Network (FAAN) makes the following recommendations for preventing allergies in at-risk infants. An at-risk infant is defined as having a parent or sibling who has a personal history of allergies such as hay fever, asthma, food allergy, allergic eczema. **Families at risk for allergies** are encouraged to consult their physician on these recommendations:

Breastfeed exclusively for the first six months. (This is, of course, recommended for almost all infants, but is especially important for infants at-risk of allergies.)



Avoid peanuts and tree nuts while nursing. (Some physicians may also recommend restricting peanuts during pregnancy.)

If supplemental formula is needed, use hypoallergenic formula such as Alimentum or Nutramigen.

Delay introduction of foods as follows, and consult a physician before introducing:

- No solids until six months of age.
- No eggs until two years.
- No dairy products until one year.
- No peanuts, nuts or fish until three years.

Keep Your Children Drug Free

A very helpful source for information and ideas to keep your child drug and alcohol free is the web site www.theantidrug.com or call 1-800-788-2800. The handout "Keeping Your Teens Drug-Free: A Family Guide" provides responses to teens' comments about drugs and alcohol. "Navigating the Teen Years: A Parent's Handbook for Raising Healthy Teens" provides helpful tips to address this issue.

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

Mtn. Home Air Force Base
Consolidated Support Center
Building 2610
Tel (208) 587-4409

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*

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Food Safety Tips

In light of recent outbreaks, the Food and Drug Administration (FDA) offers advice on reducing the risk of food borne illnesses:



Preparation Tips for Fresh Produce

- Many pre-cut, bagged produce items like lettuce are marked pre-washed on the packaging. Pre-washed, bagged produce can be used without further washing.
- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- All unpackaged fruits and vegetables, as well as those packaged and not marked pre-washed, should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting, peeling or cooking.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Separate for Safety

Keep fruits and vegetables that will be eaten raw separate from other foods, such as raw meat, poultry or seafood – and from kitchen utensils used for those products.

In addition, be sure to:

- Wash cutting boards, dishes, utensils and counter tops with hot water and soap between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.
- For added protection, kitchen sanitizers can be used on cutting boards and countertops periodically. Or use a solution of one teaspoon of chlorine bleach to one quart of water.
- Plastic or other non-porous cutting boards can be run through the dishwasher after use.

Using Your WIC Checks at the Grocery Store

When shopping with your WIC checks, please remember to use the *regular check* stand only. You are not allowed to use the express lane unless you are called over by the cashier. At that time please let him or her know that you have a WIC transaction and let the cashier decide to continue or not. You **may not** use the self-check out that many of the stores now have.



If you have any questions regarding how to shop with your WIC checks, please contact your local WIC clinic.

Can A Premature Baby Be Breastfed?

Yes! A premature baby is usually defined as a baby who is born about three or more weeks before his due date. This can be a very tiny, fragile baby who was born months too early or a hearty, healthy baby born only a few weeks too soon. The earlier a premature baby is born, the greater the likelihood of health problems due to his immature system. The most common problems in prematurity, which almost always require a hospital stay, are inadequate temperature regulation, respiration and infection.

With the medical interventions necessary to help baby with his problems, it is natural for the mother to feel helpless due to a loss of control. Deciding to breastfeed makes it possible for mother to play an active role in caring for her baby. It is a gift only she can provide.

Breast milk has important nutrients and antibodies, which the baby needs to help fight infection, grow and gain strength.

WIC can help make arrangements for a breast pump for mom to use while baby is in the hospital. The hospital staff where mom delivers coordinates the pump arrangements with Medicaid and/or WIC. Pumping is a learned skill. A hospitalized baby, especially a very small one, will probably not be taking much milk at first, so mother will have time to learn to pump. After learning, she will have time to increase her milk supply. If baby is being fed by a feeding tube, the mother will need to pump at least eight times in 24 hours. A hospital lactation consultant can assist mom and baby with learning to breastfeed once baby is strong enough to feed at the breast. After baby begins nursing at the breast, pumping will depend on how long and how strongly baby can suck. The mother can stop pumping altogether once baby grows enough to be able to fully breastfeed. The close bonding and good nutrition associated with breastfeeding helps premature babies thrive and grow well.

Tips For Eating Right When Dining Out

A recent report by the nonprofit Keystone Center in Colorado found that Americans get more than one-third of their calories from items prepared away from home—whether fast food, four-star fare or take out. Whether you dine out daily or only occasionally, healthful eating is on the menu with these simple strategies:



Top 8 Rules for Healthful Dining Out: From “What to Eat When You’re Eating Out”

1. **Choose a restaurant that meets your needs.** Eat at places likely to offer healthful choices.
2. **Practice portion control.** Request a doggy bag at the start of your meal; don’t wait until the end or you may be tempted to clean your plate.
3. **Make special requests.** Ask for mustard instead of mayo, salsa instead of butter for baked potatoes, broccoli instead of coleslaw.
4. **Resist the urge for a bargain.** Super-sized meals offer more food for the money but are no bargain if you put on pounds.
5. **Don’t let yourself get ravenous.** Excessive hunger can make you throw caution to the wind when picking a place to eat.
6. **Be the first to order.** Waiting until everyone in your party has ordered can weaken your resolve to eat right.
7. **Sideline your dressing.** Using a fork, dip salad greens in the dressing instead of pouring it on.
8. **Build the meal you need.** Instead of a standard entrée, order a salad and bean-based soup like lentil, minestrone or black bean. Or make a low-fat meal out of shrimp cocktail, spinach salad and a baked potato.

Adapted from Environmental Health, Oct. 2006

Recipes

Split Pea or Lentil Soup

Makes 4 Servings

1 cup uncooked dry split peas or lentils
1 large onion, thinly sliced
2/3 cup chopped celery
4 cups water
1 tsp. salt
2 Tbsp. margarine (optional)

Wash and drain split peas/lentils. Place all items in a saucepan. Heat to boiling. Cover and cook for 30 minutes or until peas or lentils are tender.

Other options to try:

- Meaty soup: Add pieces of cooked ham before cooking soup. Omit salt.
- Creamy pea soup: Blend a half-cup dry milk powder with a half-cup water. Add to soup in last five minutes of cooking.

Glazed Carrots & Broccoli

Only Takes 15 Minutes!!

Ingredients:

10 carrots
1 bunch broccoli
½ c. orange juice
¼ c. brown sugar
½ tsp. ground ginger
¼ c. butter

Peel and slice carrots into thin rounds. Cut broccoli into bite size pieces. Steam, boil, or microwave veggies until just tender. In saucepan, combine juice, sugar, ginger and butter. Cook over medium heat until sugar dissolves and mixture bubbles. Pour sauce over veggies and serve warm.

Makes 5-6 servings

Healthy Habits – Pass Them On

The carbonation and sugar in soda beverages/soda pop is known to cause dental problems for both children and adults. Soda consumption affects dental health because the sugar in soda combines bacteria in the mouth to form *acid*, causing tooth decay.

Even sugar-free sodas are a problem because the carbonation in soda also contributes to high acidity in soda beverages which causes wearing away of the enamel on teeth.

One of the worst soda consumption patterns is “sipping all day,” because this constantly coats the teeth and each sip starts another “acid attack.” Each of the acid attacks lasts about *20 minutes*.

Make Tax Time Pay For You!!

Claim the tax benefits you've earned.

Get up to \$4,536 with the Earned Income Credit! You may be able to get a Child Tax Credit Too.

If you worked in 2006, had children living with you and earned less than about \$36,000 OR, did not have children living with you and earned less than about \$12,000, you could qualify.

Call the IRS at 1-800-829-1040 or go to www.irs.gov to learn more and find out about FREE tax help.

