

EXTRA! EXTRA!
TURNIPS ARE TASTY

This versatile vegetable has been part of the human diet since prehistoric Europe. While often considered a root vegetable, turnips are actually classified as cruciferous vegetables. Both the root (pictured below) and the greens are edible. The tops are purple where the turnips peek out of the earth, exposed to the sun.



With their 4 grams of fiber per cup (cooked), turnips can help with digestion, constipation, colon health and reduce flare-ups of diverticulitis. Foods containing dietary nitrates, such as turnips, can lower blood pressure. Cruciferous vegetables can even lower your risk of cancer. Let's dig in!

-www.medicalnewstoday.com,

**What to Bring to
Certification Appointments:**

- Person being certified
- WIC folder
- Proof of physical address
- Updated shot records for children under 3
- Proof of income for all household members for the last 30 days



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501
Phone: 208-799-0390
Fax: 208-799-0349

Moscow-Latah County

333 E. Palouse River Dr.
Moscow, ID 83843
Phone: 208-882-7353
Fax: 208-882-3494

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

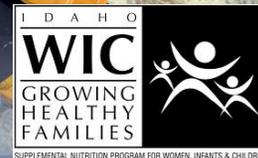
Kamiah-Lewis County

132 North Hill Street
Kamiah, ID 83536
Phone: 208-935-2124

WIC

NEWSLETTER

Winter 2015-2016



The WIC Program is an equal opportunity provider.

Indoor Fun



When it's cold outside, toddlers and preschoolers can be hard to entertain. Try some of these TV-free activities.

- **"Help" cook**
- **Make music with kitchen items**
- **Read!**
- **"Go swimming" in the bathtub**
- **Learn to fold laundry**
- **Sweep**
- **Paint on snow**
- **Make a blanket fort**
- **Play with toys in dish soap bubbles**
- **Color a box with markers**
- **Decorate a card for grandma and grandpa**
- **Dance to a kids' CD or Pandora station**
- **Pull out a secret stash of "rainy-day" toys**

MYTH of the Season:

Rewarding or bribing your child with sweets is a great way to improve behavior.



During the holidays, sweets are everywhere, but resist the urge to reward good behavior with something good to eat.

Although it's tempting, don't bribe her with foods she likes in order to get her to eat a food she doesn't like.



Rewarding with food can lead to **emotional eating**, or eating to soothe emotions.

Let your child learn to eat because she is hungry, not to get a reward.



In Season: winter



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



Apples	Kale	Persimmons
Bananas	Kiwi	Pomegranates
Brussels sprouts	Lemons	Potatoes
Chestnuts	Mushrooms	Pomelo
Collard greens	Onions/Leeks	Squash-various
Dates	Oranges	Sweet potatoes
Date plums	Passion fruit	Turnips
Grapefruit	Pears	Yams



Breastfeeding Corner

Here's what local WIC moms are saying about breastfeeding: **It Helps You Bond**

"Breastfeeding is the best choice I made. I love the connection between my baby and me and how close we are!"

"Love Breastfeeding!!! It gives me the opportunity to be one-on-one with my baby a few times every day. It helps me be a better mom!"

"Great chance to not only give your baby the best nutrients, but bond as well!"

"I love breastfeeding. It's the perfect way to start bonding with my newborn."

"Breastfeeding is the most bonding experience for mother and baby."

Pregnant Or

Have a Child Under 3?

Ask us
about



Simple Winter Recipes:

4 Ways to Enjoy Turnips



Sautéed Turnips and Greens:

Cook peeled and cut-up turnips and sliced garlic in olive oil in a large skillet until tender. Add the turnip greens and cook until just wilted. Season with salt, pepper and a squeeze of lemon juice.

Roasted Turnips:

Peel and cut turnips into wedges. Toss with canola oil, salt and pepper on a rimmed baking sheet. Roast at 400° F until tender. (Optional: Toss with fresh ginger and drizzle with honey before roasting.)



Mashed Turnips:

Simmer peeled and cut-up turnips in boiling salted water until tender. Drain and mash with butter, salt and pepper. Fold in chives (optional) and top with parmesan.



Creamy Leek and Turnip Soup:

Cook thinly sliced leeks in butter in a large saucepan until soft. Add peeled and cut-up turnips and enough chicken broth to cover. Simmer until very tender. Puree until smooth, adding water or broth as necessary to adjust the consistency. Season with salt and pepper.

