

# Fun Fruit Kabobs

## Ingredients:

- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 cup pineapple chunks
- 1 apple
- 1 orange
- 1 cup nonfat yogurt
- 1/4 cup coconut

## Directions:

1. Prepare the fruit by washing and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want!
3. Dip in yogurt, sprinkle with coconut.



**Public Health**  
Idaho North Central District



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### **Orofino-Clearwater County**

105 115th Street  
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### **Grangeville-Idaho County**

903 W. Main Street  
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### **Kamiah-Lewis County**

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# WIC

## NEWSLETTER

Spring 2017



The WIC Program is an equal opportunity provider.



## Rainy Day?

Fun indoor activities on rainy days



**Build a fort**—use couch cushions, chairs and sheets to build a fun fort

**Dance**—turn on the music and dance with your child

**Paint**—paint rocks then hide them around town. This is the latest fun craze.

**Scavenger Hunt**—make a list of items for your child to find throughout the house.

## MYTH of the Season:

### **Almond milk is healthier than regular milk**

Almond milk is thought to be healthier than cow's milk, because it's lower in calories and free of cholesterol, saturated fat and lactose.

However, almond milk is low in essential nutrients such as protein and calcium. These are important for muscle and bone health to help growing children, pregnant women and breastfeeding women.

For this reason, WIC does not allow almond milk as a milk option.

#### 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



## In Season: *Spring*

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

Apples	Corn	Pineapple
Apricots	Cucumbers	Radishes
Artichokes	Garlic	Rhubarb
Asparagus	Grapefruit	Spinach
Bananas	Green beans	Strawberries
Bell peppers	Honeydew	Swiss chard
Broccoli	Lettuce	Turnips
Cabbage	Mushrooms	
Cantaloupe	Onions	
Cauliflower	Oranges	
Celery	Papaya	
Collard greens	Peas	

## Breastfeeding Corner

### Meet our Peer Counselor

#### Mindy Daniel



Mindy has been a nurse here at Public Health for 6 years with experience in maternal/health. As a Peer Counselor, Mindy provides breastfeeding support & education to pregnant and breastfeeding women.

The services Mindy provides are available in our Lewiston, Grangeville, Kamiah, and Orofino WIC offices.

All WIC participants interested in these services will be contacted by Mindy regularly through phone or mail during their pregnancy, at birth, and up to 3 months following birth.

## Snack Corner

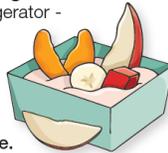


## have a snack plan

About ¼ of your child's calories can come from snacks.

Snacks are not 'extra' food or 'treats' for small children.

- Make a list of snacks that your child likes and you agree are healthy choices for him. Keep the list on the refrigerator - reminder for you of what to buy.
- Keep the healthy snacks where you and your child can see them.
- Keep unhealthy foods out of your refrigerator and cupboard, such as soda, chips and sweets.
- Have a list of healthy fun snacks that you can make.



Nutrition Matters™ - [www.numatters.com](http://www.numatters.com)

**S**imple – healthy snacks don't have to be complicated!

**M**ini-meals – snacks should provide energy and nutrients

**A**vailable – keep food from all food groups handy for snacks

**R**ole model – your child learns from you

**T**ime snacks carefully – 2-3 hours before meals

**S**atisfy only hunger – skip the urge to quiet tears with food

**N**o soda – soft drinks leave less room for nutritious foods

**A**ttention – sometimes children really just want this, not food

**C**rackers, breads and sweets can increase tooth decay

**K**eep trying – missed fruit for breakfast? Make it up at snack time

**S**mall stomachs – don't overdo it