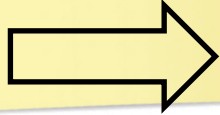




WIC is OPEN

WIC will continue to provide eWIC benefits to support WIC families during COVID-19.

Call your local WIC clinic — we will make WIC work for you & your family.



WIC Fall Recipe Idea - Use WIC beans to make ... TACO SOUP

- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 pound lean ground turkey or beef
- 1 can black beans, drained (kidney beans would work too)
- 1 can corn, drained
- 1 can green chilis (optional)
- 2 cans crushed tomatoes
- 2 cups low sodium broth
- 1 packet taco seasoning

Heat a little oil to cook onion & garlic for a minute or two. Add meat & cook until browned. Add rest of soup ingredients & simmer for 20 minutes.

Serve with cheese, sour cream, corn chips or avocado.



Public Health
Idaho North Central District



Lewiston-Nez Perce County

215 10th Street

Lewiston, ID 83501

Phone: 208-799-0390

Moscow-Latah County

333 E. Palouse River Dr.

Moscow, ID 83843

Phone: 208-882-7506

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

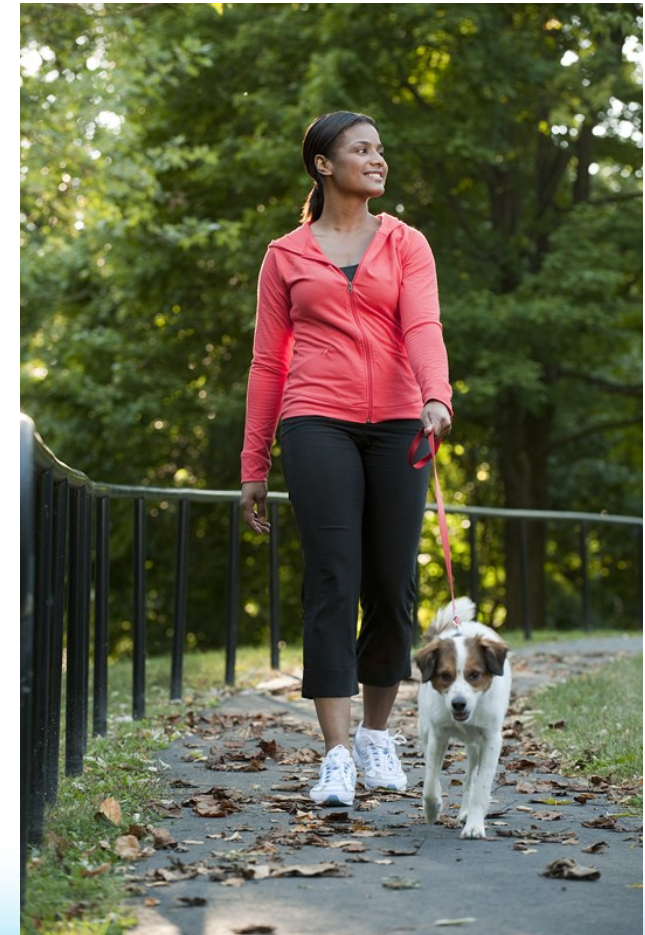
Phone: 208-935-2124

The WIC Program is an equal opportunity provider.



NEWSLETTER

Fall 2020



Coming October 1st The option to buy **Canned Beans** with your eWIC card

Get dried or canned - whichever you like.

At the store choose either:

1 bag
(16 oz)



or

4 cans
(15 - 16 oz)



Buy

Any brand, any variety, dried or canned, plain beans.
Regular or low sodium. 16oz bag or 15-16oz can.

Do Not Buy

Added ingredients, flavoring, soup mix, bulk, frozen or organic.

Quick Tip!

- You don't have to buy all 4 cans at once
- You can mix and match varieties
- 1 can = .25 containers



Choose fresh this fall

Purchase fruits and vegetables that are in season for a lower price and better taste.

Apples	Garlic	Peas
Bananas	Ginger	Pineapples
Beets	Grapes	Potatoes
Bell Peppers	Green Beans	Pumpkin
Broccoli	Kale	Radishes
Brussels	Kiwifruit	Raspberries
Sprouts	Lemons	Rutabagas
Cabbage	Lettuce	Spinach
Carrots	Limes	Yams & Sweet
Cauliflower	Mangos	Potatoes
Celery	Mushrooms	Swiss Chard
Collard	Onions	Turnips
Greens	Parsnips	Winter
Cranberries	Pears	Squash

Here is a great website with recipe ideas:
<https://snaped.fns.usda.gov/seasonal-produce-guide>

Breastfeeding Corner

Did you know WIC has many resources to help you meet your breastfeeding goals?

- Ask WIC staff about receiving breastfeeding mailings with information created specifically to your stage in the pregnancy.
- Ask WIC staff about breast pumps or other breastfeeding equipment.
- Ask WIC staff any breastfeeding question!

When your child was born they were either breastfed or bottle fed.
But babies grow up quickly & there are many choices for older babies, toddler & preschoolers.



After 6 months of age, babies are ready to try drinking water from a sippy cup.

Ages & Stages

Children & Cups

Most 1 year old children are ready to be weaned from the bottle. A free flow sippy cup is a great way for toddlers to practice drinking independently.



By 3 years of age preschool children should be able to handle using a cup.