

Healthy Chicken Nuggets

- Wash hands
- Cut up chicken breasts or tenderloins
- Mix equal parts honey and water
- Dip chicken pieces in honey/water mixture
- Roll chicken pieces in crushed corn flakes
- Spread chicken pieces on non-stick or greased baking sheet
- Bake at 425° for 10 minutes, turning over after 5 minutes. Bake until no pink remains in center or chicken is 165F
- Enjoy!

WIC is OPEN

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

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



Public Health
Idaho North Central District



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501

Phone: 208-799-3100

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



NEWSLETTER



Halloween is just around the corner...



Candy is a part of the holiday and kids love it. But beware! This season can be scary for everyone's teeth. Follow these tips to keep that bucket of candy from becoming a monster:

Eat it quickly: nibbling on candy throughout the day also feeds mouth bacteria all day.

Eat it with meals: saliva production during meals helps rinse away sugar and neutralizes acids.

Drink more water: this helps rinse away the sugar after eating candy.

Avoid any extra sugars: cut out sweet drinks on a days with candy treats.

Brush teeth twice daily: but if you only manage to brush once daily, do it before bed.

& then there is Thanksgiving & Christmas...

Most of us like to indulge during the holidays but dislike the weight gain or the creation of bad habits

More choices = more overeating: cook a simpler meal with fewer dishes & dessert choices. Just your favorites!

Portions: use smaller plates so you have just enough of the delicious foods of the season.

Accessibility: don't leave temptations out & about. Don't put your willpower to the test.

Choose fresh this fall

Purchase Fruits and Veggies 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
Brussel	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 squash
Cranberries	Pears	

Toothbrushes & Prenatal

Vitamins



WIC still has toothbrushes & prenatal vitamins available.

If your children need new toothbrushes, just call the closest WIC clinic to schedule a pick up.

Pregnant moms — Just call your closest WIC clinic to schedule a time to pick up a bottle of prenatal vitamins.

Breastfeeding Corner

Breastfeeding is a great way to feed babies.

- **Nutrients**—Every year formula makers add new ingredients to their formulas to make them more like breastmilk. After 150 years they still cannot create what a mother makes naturally.
- **Health**—Both mother & baby will be healthier from the experience.
- **Bonding**—So many mothers love the bond they form with their baby by breastfeeding.
- **Digestion**—Breast milk is easier for baby to digest. Many newborns suffer from formula intolerance.
- **Cost**—While WIC provides some formula, WIC families will have to buy extra formula & formula costs a lot.
- **Convenience**—Breastmilk is always available always mixed properly & always the perfect temperature.

WIC wants to help you breastfeed—just ask us for anything you need to succeed .