

## Tuna or Salmon Cakes

3 cans of tuna or salmon (drained)

1 cup breadcrumbs

2 Tbsp chopped onions

2 Tbsp chopped fresh parsley

1/4 cup mayo

1 tsp Worcestershire sauce

2 eggs

Wash hands.

Mix ingredients together in a bowl until well blended. Shape into patties. Cook on each side for about 3 minutes until outside is golden brown. Serve immediately

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## Fish chowder

1 onion, 2 potatoes, 1 clove of garlic  
& 2 stalks of celery, chopped

3 cans of tuna or salmon, drained

2 cups vegetable broth

3 cups milk

Salt & pepper to taste

Wash hands.

In large pot, saute onions, potatoes, garlic & celery in oil for 10 minutes.

Add fish & stir well before adding broth, milk & seasoning.

Heat until hot. Serve



**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



The WIC Program is an equal opportunity provider.

## Choose Fresh!

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



## Winter



Apples	Grapefruit	Pears
Avocados	Kale	Pineapple
Bananas	Kiwi Fruit	Potatoes
Beets	Leeks	Pumpkin
Brussels sprouts	Lemons	Rutabagas
Cabbage	Limes	Sweet Potatoes
Carrots	Onions	Swiss chard
Celery	Oranges	Turnips
Collard greens	Parsnips	Winter Squash

## Breastfeeding Corner

So many pregnant moms hope to successfully breastfeed their baby but what do you really need to know ...

**How to latch baby to your breast**

**How to tell if baby is hungry**

**How to have enough breastmilk**

WIC wants to help you reach your breastfeeding goals.

Ask a WIC staff member to sign you up for our peer counseling program.

When it's cold outside, toddlers and preschoolers can be hard to entertain.

Try some of these TV-free activities.

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

WIC will continue to provide WIC by phone until the end of the COVID-19 pandemic.

We will be sure to let you know when we plan to transition to in-person WIC services. We plan to continue to allow some WIC appointments to be by phone if you choose.

The holidays often mean more sweets but it can also mean changes in routines



Eating sweets can cause behavioral problems not because your children ate sugar but because sweets do not satisfy a child's hunger for very long. A healthy meal or snack even with a special treat on the side keeps children well fed & happy. Don't let the change in routine over the holidays result in cranky children by remembering small tummies need frequent healthy foods with a sweet only once in a while..

### Healthy Treat ideas

**Fruit kebobs** • **Tortilla rollups**

**Olives** • **Cookie cutter sandwiches**

**Dips for vegetables**