

WIC NEWS

Women, Infants and Children's
Supplemental Food Program



Fall 2009

New WIC Food Package

The new WIC food package is now being issued for all clients on the program. The food packages are changing to better meet the nutritional needs of WIC participants and are aligned with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics. Additions to the package include fresh fruits and vegetables, 4 oz jars of infant fruit or vegetables, 16 oz packages of whole grain bread or tortillas, 15 oz cans of beans and 64 oz bottles of juice.



New Food Package for Breastfeeding

For breastfeeding families the new food package brings many benefits. The monthly package for exclusively breastfed infants 6-11 months of age will include 64 jars of infant fruits and vegetables and 31 jars of infant meat. Compared to a formula fed infant, this is double the amount of jars of fruits and vegetables, and only exclusively breastfeeding infants receive jars of meat.

Exclusively breastfeeding mothers will receive much more food than non-lactating post-partum women. The monthly package for a fully breastfeeding mom will include \$10 cash value in fruits and vegetables, a 16 oz package of whole grain bread or tortillas, 30 oz canned fish, 3 lbs cheese and 2 dozen eggs, in addition to the milk, cereal, juice and legumes or peanut butter. The non-lactating mom does not receive the fish or the bread option. She will receive \$8 cash value in fruits and vegetables, 1 lb cheese, 1 dozen eggs and the milk, cereal, juice and legumes/peanut butter.

Medical Documentation for Special Formulas

A medical justification form is now needed to receive special formula for medical conditions. A doctor's prescription will no longer be accepted. Your doctor's office should have the form on file, but you may pick up a form at the WIC office to take to your doctor.

Your doctor may prescribe food in addition to formula. Supplemental foods allowed for infants include infant cereal and infant fruits and vegetables. Supplemental foods allowed for women or children include milk, cheese, cereal, juice, eggs, peanut butter/legumes and whole grain bread or tortillas.

Free Car Seat Fitting Station

Safe Kids Livingston County and the Livingston County Department of Public Health will be hosting a free car seat fitting station! The station will be open on Wednesday, October 28, weather permitting. Certified child passenger safety technicians will be on staff from 3:00 to 6:30 pm in the parking lot at the health department. Low cost replacement car seats may be available. To make an appointment, or for more information, please contact Carrie Shrier at (517) 546-3950 or shrier@msu.edu. Leave with the peace of mind that your children are riding as safely as possible!

Salvation Army Holiday Assistance

The Salvation Army will be accepting applications for Holiday assistance. Anyone who has applied elsewhere for holiday assistance with food or toys will not be eligible. Sign up sessions: October 12th – 23rd, Mon-Fri from 10am-2pm; October 19th from 6-8pm; November 9th – 20th, Mon-Fri from 10am-2pm; November 16th from 6-8pm. When applying, bring proof of address to show Livingston County residency, picture ID, proof of income, income expenses (all current bills) and proof of custody of children in the home (birth certificate, social security card, Friend of the Court paperwork). Be sure to bring clothing and shoe sizes of family members. Call the Salvation Army for more details at (517) 546-4750.

H1N1 “Swine Flu”: What You Need to Know

What is H1N1 (swine flu)?

H1N1 is a new influenza virus first detected in the U.S. in April 2009 and was originally referred to as “swine flu”. Most people who have become ill have recovered without requiring medical treatment.

How does H1N1 virus spread?

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something - such as a surface or object - with flu viruses on it and then touching their mouth, nose or eyes.

How can I prevent H1N1 virus?

- ✓ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ✓ Cough or sneeze into the bend of your arm, or use a tissue and throw the tissue in the trash after you use it.
- ✓ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ✓ Try to avoid close contact with sick people.
- ✓ Get an H1N1 flu shot.

When will the H1N1 vaccine be available?

A vaccine will be available sometime this fall. When it is first available, the Centers for Disease Control recommend vaccinations for:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency medical services personnel
- Persons between the ages of 6 months through 24 years old
- People from ages 25 through 64 years who are at higher risk for H1N1 because of compromised immune systems or chronic health disorders.

The Health Department will have the latest updates on H1N1 flu immunization when the vaccine becomes available. Check our website www.lchd.org.

Seasonal Flu – Attention WIC Clients!

The Centers for Disease Control recommend pregnant women and children 6 months to 18 years of age be vaccinated against seasonal flu. Household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated) should also be vaccinated.

Livingston County Department of Public Health walk-in immunization clinics are on Wednesdays from 8:30 am - 4:30 pm with extended hours until 7:00 pm on the 2nd and 4th Wednesdays of the month.

Your local
WIC office:



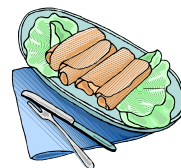
Livingston County Department of Public Health
2300 East Grand River, Howell, MI 48843
Phone (517) 546-9850; Fax (517) 546-6995
www.lchd.org

Breakfast Burritos

serves 4-6

Ingredients:

- 8 eggs
- 1/3 cup milk
- 1/4 lb sausage
- 1 can refried beans
- 6 oz grated cheese
- 1 cup salsa
- tortillas



Directions:

1. In medium bowl, mix eggs and milk.
2. In large fry pan, scramble egg mixture until completely cooked.
3. In another fry pan, cook sausage and drain grease.
4. Heat individual tortilla in microwave for 10 seconds, or heat tortillas in oven wrapped in aluminum foil at 350° for 1-2 minutes per tortilla.
5. Place tortilla on plate, layer ingredients on top and fold sides over top.
6. Enjoy!

Variations:

Add other ingredients such as chopped avocado, hash browns or sautéed peppers, onions or mushrooms.

Adapted from www.cooks.com