

# WIC NEWS

Women, Infants and Children  
Supplemental Food Program



Spring 2010

## Project Fresh Gift Basket Winners!

We were unable to complete our smoothie gift basket drawing due to unforeseen circumstances with computers at the state – until now! Congratulations to the two lucky winners of a Project Fresh gift basket! In order to qualify for the drawing, families had to use all of their Project Fresh coupons by October 31<sup>st</sup>. Thank you to all of the families who participated in the program.

WIC will offer Project Fresh coupons again this year while supplies last. Eligible WIC participants may receive \$20 worth of coupons to use at authorized Farmers' Markets to purchase fresh fruits and vegetables. Eligible clients include pregnant and postpartum women and children ages 1-5 years old. Visit or call the WIC office in June for information on when coupons will be available.

## Thank You To The Howell Melon Patchers

For the past several years the WIC office has been able to offer handmade quilts to all of our newborns. These quilts were donated by a group of generous, hard working women who call themselves "The Howell Melon Patchers". The WIC staff and all of the families who have received these beautiful quilts wish to say a huge "Thank You!" to the quilters who have made this possible.

## WIC Food Package – Changes & Helpful Hints

Breastfeeding moms can now buy canned salmon. Look for other changes coming soon!

Some ways to buy 36 ounces of cereal (or as close to 36 oz. as possible) without going over the limit.

- One 36 oz. box
- One 24 oz. box + one 12 oz. box
- Two 17.5 oz. boxes
- Two 18 oz. boxes
- Three 12 oz. boxes

## H1N1 Vaccine Is Still Available!

H1N1 vaccine is available to everyone over the age of 6 months. 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.

As a reminder, children ages six months through nine years of age need two doses of the H1N1 vaccine, preferably 30 days apart. If your child had their first dose, be sure they get their second dose to properly protect them from H1N1.

## Free Car Seat Fitting Station

Safe Kids Huron Valley and the Livingston County Department of Public Health will be hosting free car seat fitting stations (appointments are preferred).

The dates this spring, weather permitting, include:

- April 28 from 3-7 pm, appointments required.
- May 26 from 3-7 pm, appointments required.

Certified child passenger safety technicians will be on staff. Low cost replacement car seats may be available. To make an appointment, or for more information, please call MSU Extension at (517) 546-3950 or email [shrier@msu.edu](mailto:shrier@msu.edu). Leave with the peace of mind that your children are riding as safely as possible!

## Is Your Child Starting Kindergarten In The Fall?

Kindergarten requirements include the child's immunization records and proof of vision screening. 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. To schedule a free vision screening, call (517) 546-9850.

## Head Start Works!

Head Start is a preschool program offered at no cost to qualified families with children that are 3 or 4 years old by December 1, 2010. Classes are located throughout Livingston County. Call Head Start for more information at 517-548-2100.

Head Start provides:

- Individual Learning
- Dental and Medical Resources
- Snacks and Hot Lunches
- Parent Involvement
- Volunteer Opportunities
- Field Trips
- Transportation
- Family Resources & Referrals

## Pasta with Spring Vegetables



serves 4

Ingredients:

- 1 pound fresh asparagus
- 1 cup (8 oz.) frozen peas
- 8 oz. package of penne or other pasta
- 3 tablespoons olive oil
- ½ cup grated parmesan cheese or other cheese
- Salt and pepper to taste

You can use whatever fresh or frozen vegetables you like including broccoli, cauliflower, green beans, zucchini, kale or other favorites.

Directions:

1. Trim and cut asparagus into ½ inch pieces.
2. Bring a large pot of lightly salted water to a boil.
3. Add asparagus and cook for 2 minutes.
4. Add peas and cook for 2 more minutes.
5. Take vegetables out of pot and transfer them into a large bowl.
6. Add pasta to boiling water and cook for 10 minutes or until tender.
7. Drain pasta and place in bowl with vegetables.
8. Toss with olive oil and cheese.
9. Serve.

[allrecipes.com](http://allrecipes.com)

Your local  
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