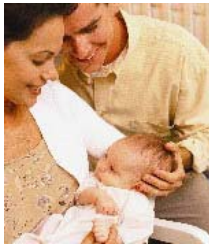


WIC NEWS

Women, Infants and Children's Supplemental Food Program



Winter 2010

New WIC Food Package: FAQs

I'm having a hard time finding the right sized bread at the store. What should I do? The bread on the new WIC food package is a 16 oz size. Call 800-CALL WIC. You can also talk with the store manager.

Can I buy frozen or canned fruits and vegetables?

You can buy any of the fresh fruits and vegetables in the produce section. Frozen or canned fruits and vegetables are not included on the program.

If I am full time breastfeeding will my baby receive extra food?

Yes, full time breastfeeding babies over 6 months of age will receive infant cereal, 64 jars of fruits and vegetables and also 31 jars of infant meat. Full time breastfeeding moms also receive extra food including bread or tortillas, canned fish, extra eggs, cheese and money for fruits and vegetables.

Why can't I buy orange juice for my child?

The juice size that WIC now offers changed to a 64 oz size. The cans of frozen concentrate are no longer allowed.

My family is used to drinking whole (vitamin D) milk. Can I change my package to be able to buy whole milk for my 3 year old?

The new WIC food package does not allow a child over the age of two or a pregnant or postpartum mother to buy whole milk unless there is a qualifying medical condition.



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.

If your child is over the age of 6 months and on a special formula 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.

Community Connect – A Free One Day Event

The third annual Livingston County Community Connect event will take place January 30, 2010 from 9 am to 2 pm. This free event is held to help people in need find assistance and information. Services provided will include:

- ✓ Housing information
- ✓ Food assistance
- ✓ Legal consultation
- ✓ Clothing
- ✓ Books for kids
- ✓ Benefits information
- ✓ Lunch
- ✓ Haircuts
- ✓ Live entertainment
- ✓ Much More

The Cornerstone Evangelical Presbyterian Church in Brighton is hosting the event, located at 9455 Hilton Road, Brighton.

OLHSA Heating Fuel Assistance & Weatherization Program

Heating Fuel Assistance

The Oakland Livingston Human Service Agency (OHLSA) may be able to help if you have a shutoff notice on your utilities (electric or heat) or are almost out of heating fuel (propane or fuel oil) and have limited income. Call OHLSA for more information at 517-546-8500.

Weatherization Assistance Program

This free program may help you save money and lower your utility bills. To see if you qualify, contact the OLHSA Housing & Energy Department at 517-546-8500 or visit www.olhsa.org

You may be able to make your home more energy efficient and increase home safety. The program employs local contractors and inspectors and can provide referrals to other free Community Action programs.

Energy efficiency measures may include:

- ✓ Home energy audits
- ✓ Attic insulation and ventilation
- ✓ Air leakage reduction
- ✓ Wall insulation
- ✓ Floor/foundation insulation
- ✓ Furnace repair or replacement

Don't Wait, Get Your H1N1 Flu Shot Today!

H1N1 vaccine available to everyone over the age of 6 months

The Livingston County Department of Public Health is now taking appointments for H1N1 flu clinics. As a reminder, children ages six months through nine years of age need two doses of the H1N1 vaccine, preferably 30 days apart. Call 517-552-6777 to schedule an appointment.

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.

Keep Your Family Healthy This Winter

- ✓ 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.

Chili con Queso

serves 4-6

Ingredients:

- 1 small onion, chopped
- 1 small green pepper, chopped
- ½ pound ground beef
- 1 can kidney beans
- 1 16 oz can tomato sauce
- 1 teaspoon chili powder
- 1 cup grated cheese

Directions:

1. In 3 quart saucepan, cook beef, onion and pepper over medium-high heat, stirring several times.
2. Add beans and their liquid, tomato sauce and chili powder.
3. Stir mixture well.
4. Over high heat, bring mixture to a boil and stir.
5. Reduce heat to simmer.
6. Cook uncovered for 10 minutes, stirring occasionally.
7. Ladle chili into bowls and sprinkle cheese on top.
8. Enjoy!

Adapted from Easy as 1, 2, 3 Family Pleasing Recipes



Your local
WIC office:

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