

# WIC NEWS AND NOTES

Waukesha County WIC Program, 514 Riverview Ave, Waukesha, WI 53188

262-896-8440

April – June 2016

## Be an active family



Physically active children and adults have a lower risk of health problems. Being active as a family is a great way to connect.

Try walking after dinner, a Saturday morning walk, a game of tag, dancing together, jumping rope, a bike riding, walking in the park, throwing a ball, bowling with toilet paper tubes, or flying a kite.

Turn off the TV. Let your children appropriately help around the house with yard work or house work. Help your children learn sports skills- like kicking a ball. Reward your children with a family activity.

Meet the recommended amount of physical activity. Children need 60 minutes of physical activity daily. Adults need 2 1/2 hours of physical activity weekly.

Plan one family activity for next week. Start small with an activity everyone will like and do that activity for a short time.

**Free text messages** during pregnancy and 1 st year of baby's life at **Text4Baby**  
Text "baby" to 511411 for English or  
"bebe" to 511411 for Spanish

Thinking about **breastfeeding**?  
Text "MILK" to 877877for info and support

## Make half your grains whole grains

Lower risk of some chronic diseases has been found when people regularly eat whole grains. Whole grains provide nutrients our body need. They also provide needed fiber.

Whole grains are grains that have every part of the grain, nothing is removed. Some whole grains are whole wheat, whole oats, brown rice, whole corn and whole rye.

To find whole grains, look at the food label. Specifically the ingredient list. Once there, look for the word "whole" as the first ingredient listed. Examples of this are whole wheat, whole oats, whole grain corn or whole grain brown rice. Color of the food does not mean that it is a whole grain. Check the label.

The WIC program offers whole grain foods, such as 100% whole wheat bread, brown rice, soft corn tortillas, whole wheat tortillas and cereals that are 51% or more whole grain.

There are a variety of ways to enjoy whole grains. Choose whole grain cereal, whole grain breads, whole grain pasta, brown rice, whole grain crackers, popcorn, soft corn tortillas or whole wheat tortillas. Start small by trying whole grains, such as whole grain noodles or brown rice, in mixed dishes like soups, casseroles or stir-fries. Try half white rice with brown rice in a dish. Enjoy oatmeal for breakfast. Try whole wheat toast with peanut butter. For more ideas, ask at WIC.

Enjoy half of your grains as whole grains.

## Fresh Fruits and Vegetables for Your Older Infant

Around 9 months most infants can begin to feed themselves. They can feed themselves very small, soft food that can be easily mashed between fingers.

Infants 9 months until 1 year of age enrolled in the WIC program may have the option to receive fresh fruits and vegetables in place of half of the jarred infant fruits and vegetables.

Ask the WIC nutritionist for more information.

## Free

### Breastfeeding Education Classes

To help reach your breastfeeding goals

Class are open to all who wish to support mom and techniques related to breastfeeding

Contact Tiffany  
262-896-8362

## **Breastfeeding Peer Counselors**

Are available to all WIC families to **support, encourage and problem solve** with you to make your breastfeeding experience a success.

Contact Tiffany or Bery

262-896-8362 or  
262-896-8444

## Free

### Childbirth Education classes

Learn about

**stages of labor, birth process, comfort measures/C-section info, newborn care**

By Waukesha County Public Health  
514 Riverview Ave (same location as WIC)  
262-896-8430

## **Purchasing Baby Foods with eWIC**

Food	Amount Listed	Is Equal To
<b>Infant Fruits and Vegetables</b>	256 oz (breastfed)	64 4 oz containers
	128 oz	32 4 oz containers
	112 oz	28 4 oz containers
	88 oz	22 4 oz containers
	48 oz	12 4 oz containers
<b>Infant Meats (Breastfed Infants)</b>	78 oz	31 2.5oz containers
	65 oz	26 2.5oz containers
	52.5 oz	21 2.5oz containers
	40 oz	16 2.5oz containers

## **Purchasing Whole Grains with eWIC**

Food	Amount Listed	Is Equal To
<b>Whole Wheat (WW) Bread or Whole Grains</b>	112 oz	7 16oz packages
	80 oz	5 16oz packages
	64 oz	4 16oz packages
See WIC Approved Foods book for allowed items	48 oz	3 16oz packages
	32 oz	2 16oz packages

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(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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