

WIC PROMOTES BREASTFEEDING

WIC encourages mothers to breastfeed as the healthiest option for their babies. For those who decide to breastfeed, WIC provides:

- ◆ Breastfeeding counseling—including classes and support groups
- ◆ Practical Advice on how to breastfeed
- ◆ Enhanced Food Package
- ◆ Iron Rich Foods for breastfed babies starting at 6 months.
- ◆ Breast Pumps (manual and electric)
- ◆ Breastfeeding Peer Counselors (where available)

Please visit our website at:

www.bestfeeding.org



Apple Berry Crisp

- 4 apples
- 2 cups frozen berries



Topping

- 1 cup regular oatmeal
- 1/3 cup whole wheat flour
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 3 tablespoon butter or margarine

1. Preheat oven to 350 degrees. Spray 8x8" or 9x9" dish or rub with butter.
2. Wash and chop apples. No need to peel them. Put in dish with frozen berries.
3. In another bowl, mix flour, oats, sugar and butter until crumbly. Spread evenly over fruit.
4. Bake at 350 degrees for about 40 minutes or until bubble.

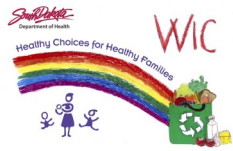
You can use any fruit you want—it just needs to total 5 cups.

COOK'S



CORNER

South Dakota Department of Health WIC Program



Wellness Nutrition Fun FaCts

Fruits & Veggies—More Matters Month September 2011

Fruits and vegetables are an important part of a healthy diet that can help protect you from:

- Heart disease
- Bone loss
- Type 2 diabetes
- High blood pressure
- Some cancers

A diet rich in fruits and vegetables may also help you lose weight.



Even though fruits and vegetables are important for good health, most of us aren't eating enough.

How much does your child need?

Most children between the ages of 2-5 should have:

FRUITS: 1 TO 1 1/2 CUPS

VEGETABLES: 1 TO 2 CUPS

Tips to Help You Eat Fruits and Vegetables:

- Eat fruit for dessert instead of sweets
- Buy fresh fruits and vegetables in season
- Stock up on frozen fruits and vegetables
- Include a salad with dinner each night
- Add vegetables to sauces, casseroles, and even cakes or muffins!
- Let your child help decide on dinner vegetables
- Have your child pick a new fruit or vegetable when you shop
- Keep chopped fruits and vegetables in the refrigerator for snacks
- Top a pizza with extra vegetables
- Top cereal, oatmeal, or pancakes/waffles with fruit
- Add fresh or frozen fruit to yogurt

