



FREE - Pike County Women Infants and Children Program Quarterly Newsletter JANUARY 2019 - A Supplement Newsletter to PCHD NEWS

## WHAT IS WIC?

Women, Infants and Children (WIC) is a special supplemental nutrition program which provides services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are health screening, risk assessment, nutrition education and counseling, breastfeeding promotion and referrals to health care. Supplemental food is provided at no cost to participants.

**CALL TODAY TO SEE IF YOU QUALIFY! 573-324-2111**

Below are the WIC Income Guidelines as of May 1, 2018

Family Size	Annual	Monthly	Weekly
1	22,459	1,872	432
2	30,451	2,538	586
3	38,443	3,204	740
4	46,435	3,870	893
5	54,427	4,536	1,047
6	62,419	5,202	1,201
7	70,411	5,868	1,355
8	78,403	6,534	1,508
9	86,395	7,200	1,662
10	94,387	7,866	1,816
11	102,379	8,532	1,969
12	110,371	9,198	2,123
13	118,363	9,864	2,277
14	126,355	10,530	2,430
15	134,347	11,196	2,584
16	142,339	11,862	2,738
Each additional family member	Plus 7,696	Plus 642	Plus 148

## DIAPER BANK

We are fortunate enough to offer free diapers once a month to those clients on our WIC services. This is available thanks to the generosity of our community. Donations of new diaper packages in all sizes are always welcome to keep the diaper bank stocked so that we can keep the tiny bottoms of Pike County dry.



*This institution is an equal opportunity employer*

## WHAT WE OFFER

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium, and Vitamin A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products and hot or cold cereal, 100% fruit juices and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding, provides breastfeeding support, baby foods and infant cereal. For women who cannot or choose not to breastfeed, infants may receive supplemental iron fortified formula. WIC participants obtain their foods by redeeming food checks for specific items at local grocery stores.



## CALENDAR OF EVENTS

### WIC CLINIC IN BOWLING GREEN OPEN ON TUESDAYS AND THURSDAYS

- January 1st: Office Closed
- January 7th: Breastfeeding Support Group 1:00 p.m.
- January 8th: WIC held in Louisiana
- January 15: Breastfeeding Class
- January 21st: Office Closed
- January 24th: WIC held in Louisiana
- January 31st: NO WIC

PLEASE REMEMBER TO CALL IF YOU NEED TO CANCEL OR CHANGE APPOINTMENTS  
573-324-2111

- February 4th: Breastfeeding Support Group 1:00 p.m.
- February 18th: WIC held in Louisiana
- February 18th: Office Closed
- February 21st: Breastfeeding Class
- February 28th: WIC held in Louisiana

- March 4th: Breastfeeding Support Group 1:00 p.m.
- March 12th: WIC held in Louisiana
- March 19th: Breastfeeding Class
- March 28th: WIC held in Louisiana

Stay up to date with events, cancellations and more by following us on [facebook@Pikecountywic](https://www.facebook.com/Pikecountywic) !

Want to Subscribe to this newsletter and more? ITS FREE!  
DIRECT MAIL OR EMAIL SUBSCRIPTIONS AVAILABLE  
Contact Tracy Brookshier 573-324-2111 [tbrookshier@pikecountyhealth.org](mailto:tbrookshier@pikecountyhealth.org)

[www.pikecountyhealth.org](http://www.pikecountyhealth.org)  
[facebook@pikecountywic](https://www.facebook.com/pikecountywic)

## BREASTFEEDING BLURB

A GROWTH SPURT is a time when a baby goes through a phase in their development where they need additional nutritional, physical, and emotional needs.

Key Characteristics of a Baby during a Spurt:

- More frequent wet and dirty diapers
- Growth in size, length, skills and abilities but not necessarily in weight
- Needs very frequent feeds
- Needs to be held and cuddled
- Last a few days
- Can occur at 3-10 days; 3-6 weeks; 2-4 months; 6 & 9 months
- Wakes often for reassurance
- General changes in sleep patterns

Moms May Feel:

- Like there is not enough milk
- Very tired and exhausted
- Hungry and thirsty

**\*\*Moms should listen to their bodies! Get sufficient rest, drink plenty of water, and keep healthy snacks available. \*\***

The nursing mother provides everything the baby needs in the first 6 months!

During these changes the baby demands more so he or she should be breastfed every 1-2 hours during the day or 3-4 hours at night, and more often if needed. Follow baby's lead. Regular skin-to-skin contact is recommended. This will encourage supply and cause the body to keep up with the baby's needs. It will keep up!

Don't Worry....these growth spurts last for a few days, then things will get back to "normal." Breast milk is the best thing for a growing baby, it's living cells support development in the most effective way.

Continue breastfeeding and know that your growing baby is getting exactly what he or she needs!

## WHAT'S FOR DINNER?

### VEGETARIAN RICE & BEAN CASSEROLE

PREP TIME 25 mins

COOK TIME 25 mins

TOTAL TIME 50 mins (SERVES 8)



*This Vegetarian Rice & Bean Casserole is an easy and healthy solution for getting dinner on the table. It can be made ahead and frozen so it's extremely quick to throw together.*

### INGREDIENTS

- 1 onion, chopped
- 1 green pepper, chopped
- 3 garlic cloves, minced
- 1 tablespoon olive or canola oil
- 2 cups cooked brown rice (instant, long grain or short grain)
- 1 can pinto beans, drained
- 1 can black beans, drained
- 1 can whole kernel corn\*, drained
- 2 tablespoons tomato paste
- 1 cup vegetable stock
- ½ teaspoon ground pepper
- 1 teaspoon Kosher salt
- 1 teaspoon dried oregano
- 1 tablespoon cumin
- 1 cup Pepper Jack or sharp cheddar cheese, recommend Cabot
- 1 green onion, diced (optional)

### INSTRUCTIONS

Heat a skillet over medium heat. Preheat oven to 375 degrees. Spray a 2½ quart baking dish with cooking oil. Add tablespoon of oil to skillet. Saute onion, pepper and garlic until softened, about 4-5 minutes. Then remove from heat. In a large mixing bowl, add cooked peppers/onion/garlic, rice, beans, corn, tomato paste, vegetable stock, salt and pepper, oregano, and cumin. Gently mix together. Fold in cheddar cheese. Evenly spread mixture in baking dish. Bake in oven for 25 minutes (30 minutes if cooking from frozen). Remove from oven. Sprinkle with green onions. Scoop out portions and serve with favorite toppings.

## SNACK TIME!



### BAKED CINNAMON TORTILLA CHIPS

#### INGREDIENTS

- 4 whole wheat 8" tortillas
- 2 teaspoons butter or margarine, melted or cooking spray
- 2 teaspoons cinnamon
- 2 teaspoons sugar

#### DIRECTIONS

Preheat the oven to 350 degrees F. Brush top of tortillas with melted butter/margarine or spray with cooking spray. Combine cinnamon and sugar in a small bowl. Sprinkle each tortilla lightly with the cinnamon mixture. Cut each tortilla into wedges or strips. Arrange the pieces in a single layer on a baking sheet. Bake until the edges are dry and crispy, 8 to 12 minutes. Watch closely to avoid burning. Chips will crisp more as they cool. Allow to cool and remove from pan. Store leftovers in a closed bag or container.