



WIC Shopping Tip:

Buy fresh fruits and vegetables in season! Your family's connection to the seasons can be as simple as the food on your plates. What better way to teach children about the changing seasons than by letting them see the changes in their food? Here are some of the wonderful benefits to eating according to the season:



Fruits and vegetables taste best and cost less when they are in season.



In season produce can be picked riper and won't lose flavor or nutrients in storage.



Meals are simpler because really fresh produce tastes great without much work.



Spring Vegetables:

- | | |
|--------------------|--------------------------|
| Apricots | Green Onions |
| Artichokes | Lettuce and salad greens |
| Asparagus | Navel oranges |
| Avacados | Peas |
| Beets, Beet greens | Radishes |
| Blueberries | Raspberries |
| Carrots | Rhubarb |
| Cauliflower | Strawberries |
| Chard | Spinach |

DIAPER BANK

We are fortunate enough to offer free diapers once a month to community families in need. 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.



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

CALENDAR OF EVENTS

WIC CLINIC IN BOWLING GREEN OPEN ON TUESDAYS AND THURSDAYS

April 1st: Breastfeeding Support Group 1:00 p.m.

April 9th: WIC held in Louisiana
 Breastfeeding Class 9:30 a.m.

April 16th: **NO WIC**

April 25th: WIC held in Louisiana

May 6th: Breastfeeding Photo Shoot 2-6:00 p.m.

Follow the event on [facebook@Pikecountywic](https://www.facebook.com/Pikecountywic)

May 14th: WIC held in Louisiana

May 21st: Breastfeeding Class 10:00 a.m.

May 27th: **Office Closed**

May 28th: **NO WIC**

May 30th: WIC held in Louisiana

June 3rd: Breastfeeding Support Group 1:00 p.m.

June 11th: WIC held in Louisiana

June 20th: Breastfeeding Class 3:00 p.m.

June 27th: WIC held in Louisiana

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

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

This institution is an equal opportunity employer



BREASTFEEDING BLURB - Perfect Food for Tiny Tummies

Every baby is born with a tiny stomach, only the size of a marble or cherry. Mom makes the perfect amount of milk for her baby when she is allowed to fully breastfeed her baby. As the baby gets older, the stomach grows and the milk supply increases. Breast milk is easily digested and that is why infants eat small, frequent meals. Newborns eat often, minimum 8 times a day.

Milk is made as a result of Supply and Demand so it is important that baby is exclusively breastfed and that mom responds to the baby's feeding cues. Drained breasts make milk faster. Full breasts make milk slower. Mom's milk production grows from about 1 ounce (30 mL) to about 30 ounces (900 mL) between Days 1 and 40.

Day 1

During the first few days milk is called Colostrum. It is highly concentrated and perfectly designed for the newborn's small stomach. It provides immunities and protects the gut. The Colostrum allows for easier digestion in the weeks and months to follow. It has a yellow tint and is thought of as "Liquid Gold."

Day 3

Milk begins to transition towards white milk. Volume also increases. Some moms might make more milk than baby can even drink due to their still tiny tummies. Hand Expression may help manage their over-supply. Other moms will not feel engorgement but should continue to exclusively breastfeed.

One Week

Baby's stomach has grown to the size of an apricot. It can hold about 1.5-2oz. It is important for mom to continue feeding on demand. You CAN'T nurse too often—you CAN nurse too little.

One Month

The stomach has now stretched out to be able to hold 2.5-5oz. It is about the size of an egg. It will stay this size for several months. Breast milk has a high concentration of antibodies to keep the baby protected from illness.

Three Months

Breast Milk is full of calories to bulk up for upcoming milestones. Babies will continue to eat frequently and should be exclusively breastfed.

Six Months

Breast milk is high in omega acids essential for brain development. Baby may begin solid foods at this time but should continue to get most of his nutrition from breast milk.

Twelve Months

Breast milk is high in calories and omega acids for muscle growth and brain development. The child will continue to gain health benefits for as long as the mom and baby decide to breastfeed.



GROW YOUR OWN FOOD?

It's Spring which means it's time to plant your garden. Growing some garden veggies is a fantastic way to get your kids interested in fresh, nutritious food. If you're new to growing vegetables, you can pick out a small space in your yard or use a couple large pots on your porch. Seeds can be found at a variety of local stores and directions are on the back of each seed packet. Kids get excited when they see something happening so plant lettuce, spinach, radishes, or peas which all grow fast. Cucumber, melons, and zucchini are hardy plants that have big leaves and produce well in the summer months. Herb pots make a nice addition to the kitchen or outside deck. Your child will love harvesting basil or thyme for their spaghetti sauce. Happy Planting!



SNACK TIME! - Yogurt Breakfast Parfait



INGREDIENTS

- 1/2 cup plain or vanilla yogurt divided
- 1/4-1/3 cup dry cereal, divided
- 1/3 cup frozen mixed berries, thawed, divided

INSTRUCTIONS

Layer half of the yogurt in the bottom of a container. Top with half of the granola and half of the berries. Repeat layers. Serve immediately.

DINNER TIME! - Spring Vegetable Soup



INGREDIENTS

- 2 tablespoons olive oil
- 2 medium carrots, diced (about 1 cup)
- 1 large leek, trimmed and diced (about 2 cups)
- 1 celery stalk, diced (about 2/3 cup)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 garlic cloves, minced
- 5 cups unsalted chicken stock
- 1 pound very small red potatoes, quartered
- 1 cup frozen green peas
- 1 cup (1 1/2-inch) slices asparagus
- 1 (15-ounce) can unsalted cannellini beans, rinsed and drained
- 2 cups fresh baby spinach
- 1 teaspoon fresh thyme
- 1/4 cup torn fresh basil
- 1/2 ounce Parmesan cheese, shaved

INSTRUCTIONS

Step 1

Heat a large saucepan over medium heat. Add oil; swirl to coat. Add carrots, leek, and celery; cook 5 minutes, stirring occasionally. Add salt, pepper, and garlic; cook 1 minute, stirring frequently. Add stock; bring to a simmer over medium-high heat. Add potatoes; reduce heat to medium, and simmer 8 minutes or until potatoes start to soften.

Step 2

Add peas, asparagus, and beans; simmer 4 minutes or until vegetables are crisp-tender. Add spinach, thyme, and basil; cook 1 minute. Ladle soup into bowls; top evenly with cheese.