Breastfeeding Photo Shoot
On Monday May 6th, we hosted the 4th annual Mother’s Day photo Shoot. Kimberly Chandler Photography captures beautiful photos of Moms nursing their babies.

Summer at the Market
Get your family excited about fruits and vegetables this summer! Add fruits and vegetables to your meals is a great way to stay healthy. Bright colors, fresh smells and delicious produce line the aisles of the grocery stores, farmer’s markets, and roadside stands. Encourage your children to pick out a new fruit or vegetable during your trip to the market.

When you get home, let them help in the kitchen. Rinsing produce, tearing salad greens, or mixing ingredients are great ways for kids to get involved. Cooking with your kids teaches valuable kitchen skills and makes them more likely to try new foods. Fruits and Veggies that are in-season taste the best.

Be SMART. Eat SMART.

Summer Vegetables
- Berries
- Cantaloupe
- Corn
- Cucumber
- Peaches
- Tomatoes
- Summer Squash/Zucchini
- Peppers
- Watermelon
- Potatoes

CALENDAR OF EVENTS
WIC CLINIC IN BOWLING GREEN OPEN ON TUESDAYS AND THURSDAYS
August 5th: Breastfeeding Support Group 1:00 p.m.
August 10th: Back to School Fair
August 13th: WIC held in Louisiana
August 15th: NO WIC
Breastfeeding Awareness Walk & BG City Park
August 20th: Breastfeeding Class 10:00 a.m. (please register)
August 21st: Hannibal Hospital Breastfeeding Celebration
August 22nd: WIC held in Louisiana
September 2nd: OFFICE CLOSED
September 9th: Breastfeeding Support Group 1:00 p.m.
September 10th: WIC held in Louisiana
September 12th: Breastfeeding Class 10:00 a.m. (please register)
September 26th: WIC held in Louisiana

Stay up to date with events, cancellations and more by following us on facebook@Pikecountywic!

This institution is an equal opportunity employer
Plant Based Iron:
Did you know iron is essential for proper growth and development?

SNACK TIME! - Black Bean Salsa

INGREDIENTS
- 1 (15 ounce) can black beans drained and rinsed
- 1 (14 ounce) can corn drained
- 1 medium tomato diced
- 1 green bell pepper diced
- ¾ cup red onion diced
- 1 clove garlic minced
- 2 tablespoons fresh cilantro chopped
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 2 tablespoons fresh lime juice (from 1 lime)
- Salt and freshly ground black pepper

INSTRUCTIONS
1. In a large bowl, combine beans, corn, tomatoes, bell pepper, onion, garlic, and cilantro.
2. Add olive oil, red wine vinegar, and lime juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Stir to combine.
3. Cover and chill for 30 minutes prior to serving to let flavors blend. Serve with tortilla chips or as an accompaniment to grilled meats.

Prep Time 10 minutes  Cook Time 35 minutes  Total Time 45 minutes  Servings 8 servings  Calories 154 kcal

PCHD teams up with Vandalia City Pool to Promote Safe Breastfeeding

Pool water, despite high cleaning standards, can still carry Recreational Water Illnesses (RWIs). These various illnesses are caused by germs that can contaminate the water and can be swallowed. RWIs are killed by chlorine but can live in pools for days. Typical pool activities like splashing makes feeding infants in the water a risky event because of the likelihood they will swallow the potentially harmful water. That is why all patrons, including mothers, are asked to feed in a place where they and their baby can stay dry. Read this full article on our facebook page or website.

The City of Vandalia and The Pike County Health Department remind you that breastfeeding is welcome here and ask that mothers please follow pool rules and feed outside of the pool for the health and safety of their child.

For questions or concerns please contact
Leah Diffey, Breastfeeding Peer Counselor
Pike County Health Department
573-324-2111

Pike County Health Department
Home Health & Hospice
1 Healthcare Place
Bowling Green, MO 63334
573-324-2111
Fax: 573-324-5517
www.pikecountyhealth.org
facebook@bgpchd

SNACK TIME! - Black Bean Salsa

INGREDIENTS
- 1 (15 ounce) can black beans drained and rinsed
- 1 (14 ounce) can corn drained
- 1 medium tomato diced
- 1 green bell pepper diced
- ¾ cup red onion diced
- 1 clove garlic minced
- 2 tablespoons fresh cilantro chopped
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 2 tablespoons fresh lime juice (from 1 lime)
- Salt and freshly ground black pepper

INSTRUCTIONS
1. In a large bowl, combine beans, corn, tomatoes, bell pepper, onion, garlic, and cilantro.
2. Add olive oil, red wine vinegar, and lime juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Stir to combine.
3. Cover and chill for 30 minutes prior to serving to let flavors blend. Serve with tortilla chips or as an accompaniment to grilled meats.

Prep Time 10 minutes  Cook Time 35 minutes  Total Time 45 minutes  Servings 8 servings  Calories 154 kcal

Yummy Yummy!