

# Your family is healthier because you choose **WIC!**

A quarterly newsletter brought to you by your WIC Clinic

Spring - Apr. - May. - Jun. - 2019



**WIC News**



**Breastfeeding**



**WIC Recommended**

## *Gretchen's Breastfeeding Blog—By Gretchen Dunham - WIC Peer Counselor*

### **Moms Helping Moms**

Breastfeeding Peer Counselors at WIC are mothers, just like you. They are either currently, or have previously, been a WIC participant. They have been trained by WIC to help give moms quality information about feeding their baby. Breastfeeding Peer Counselors have also breastfed their own babies and they love to share their own experiences, whether it be the hurdles they have overcome, or the tips that ensured their success.

Our Breastfeeding Peer Counselors are available to support any mom that is enrolled in the WIC program through Panhandle Health District in any clinic. By enrolling in the breastfeeding program at WIC, mom and baby will receive ongoing breastfeeding support from the moment they decide to join. They will have access to free breastfeeding education courses (including refresher courses). They will learn about the benefits of breastmilk to mom and baby, how to ensure a good milk supply, how to know baby is getting enough milk, how to achieve a correct (pain free) latch, growth spurts and cluster feeding, and how to acquire and operate a breast pump. Peer Counselors also address common barriers, including breastfeeding in public, returning to work, and lack of support from family and friends. They will give strategies for getting through the first weeks at home with baby. Topics such as sore nipples and engorgement will be addressed. Most importantly, moms will learn where to go for support when they are experiencing difficulties, and when to call for help. There is an abundance of good information that our Breastfeeding Peer Counselors would love to pass on to WIC moms to ensure their success with their breastfeeding goals.

The Breastfeeding Peer Counselors' sole purpose is to be here for you! We keep in touch through phone calls and office visits, as well as hospital visits. Please call your local clinic or ask your WIC representative for a Breastfeeding Program Enrollment form. The more information you have about breastfeeding, the more confident you will be, and the more likely you and your baby will have a positive and successful breastfeeding experience. The Breastfeeding Peer Counselors at WIC look forward to meeting you!

***Please call WIC Peer Breastfeeding Counselors for any support needed: 208-415-5130***

### *WIC Recommended Recipe - Peanut Butter Nibbles*

#### **Ingredients:**

- ½ cup peanut butter
- 2 Tbsp margarine or butter
- 6 cups Chex OR other crunchy cereal pieces (mix and match, Chex variations, or any other cereal)
- ½ cup raisins (or any favorite dried fruit)

#### **Instructions:**

- Heat oven to 250 F
- Put peanut butter and butter into a 9x13-inch pan. Warm
- In oven 5 minutes or until peanut butter and butter are melted
- Remove from oven and stir until smooth. Slowly add cereal, stirring until all pieces are coated.
- Bake 1 hour, stirring every 15 minutes.
- Remove from oven and gently stir in raisins
- Spread on paper towels to cool. Store in airtight container.



*From: Minnesota Department of Health*

# EVENTS

## UPCOMING EVENTS:

- **FREE event! Head Start Strengthening Families Events** - April 7, 2019 - 12:00 pm to 3:00 pm at the Boundary County Fairgrounds April 25, 2019—4:00 pm - 6:00 pm at Farmin Stidwell Elementary School - 1626 Spruce St. in Sandpoint.
- **Boundary Community Hospital Health Fair** - May 11, 2019 8:30 am to 12:00 pm at Boundary Community Hospital.
- **Diabetes Prevention Program (DPP)** will start mid-April at the Bonner County Panhandle Health District. For more information or to sign up call 208-263-5159.
- **1<sup>st</sup> and 3<sup>rd</sup> Saturday of every month and every Tuesday:** Walk With a Doc – Join the group and go for a FREE walk! Walkers meet at the Bear Statue at the start of Sandcreek Trail in Sandpoint at 8:00 am on Saturdays and at 5:30 pm on Tuesdays.
- **April 24th: “Change for Change”** Healthy Recipe Contest submission deadline at [www.bcch.us](http://www.bcch.us). Recipes must be original and tried by participant (pictures welcome). Please include a variety of fresh produce, whole grains, low-fat dairy or dried beans, peas or lentils. For complete rules, visit [www.bcch.us](http://www.bcch.us)
- **Upcoming Breastfeeding classes:** April 11th @ 10:30 am, April 23rd @ 3:00 pm, May 9th @ 11:00 am, May 23rd @ 3:00 pm, June 11th @ 10:30 am, & June 25th @ 3:30 pm. Please call 208-415-5130 to sign up as these classes do fill up.

## WIC NEWS

**WICSmart** – A new way to learn about nutrition through WIC! WICSmart is a platform that participants can access nutrition modules online and receive benefits after completion. This way of learning may take the place of certain appointments. Talk to your WIC representative to see if you qualify for online nutrition education!

**WICShopper app** is a great way to stay connected! Download it today. Did you know that if an item doesn't scan in the store and it should be WIC approved, you can use the app to let WIC know so it can be added? In addition, there are fun tips and great recipes!

**Did you know** that your 9-month old can receive a fresh fruit and vegetable check in place of some of the jarred baby foods? If you are interested in making your own pureed baby foods, talk to your WIC representative!

**Don't forget to like and share our Facebook page! This will be a great resource for families.**  
You can find us at - <https://www.facebook.com/NorthIdahoWIC/> or search **North Idaho WIC Program**



### BUS STOP

Panhandle Health District (PHD) in Hayden now has a Citilink Bus Stop! Citilink began service to PHD September 1, 2017. This is great news for all our clients to make it easier to access PHD services. For more information on the route and timetable, visit <http://www.kcgov.us/departments/transit/transitpdfs/CRoute.pdf>

Panhandle Health District now has a **Diabetes Self-Management Education** program and sees people with Type 2 diabetes, Type 1 diabetes, and Gestational Diabetes. This service is provided separately from WIC with a referral from the healthcare provider. Call 208-415-5270 for more information.

***WIC's Mission:** Improve the health of North Idaho women, infants, and children by providing the most advanced nutrition information, resources and breastfeeding support within a safe, compassionate and respectful environment that will lead to a lifetime of healthy choices.*

**Contact your local WIC office today to set up an appointment.**

**Kootenai County**  
**Hayden & Post Falls**  
**(208) 415-5130**

**Benewah County**  
**St. Maries**  
**(208) 245-4556**

**Boundary County**  
**Bonnors Ferry**  
**(208) 267-5558**

**Bonner County**  
**Sandpoint**  
**(208) 263-5159**

**Shoshone County**  
**Kellogg**  
**(208) 786-7474**

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**Public Health**  
Prevent. Promote. Protect.  
Panhandle Health District

*WIC is an equal opportunity provider.*