

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

A quarterly newsletter brought to you by your WIC Clinic

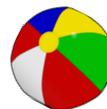
Summer - Jul. - Aug. - Sept. - 2019



WIC News



Breastfeeding



WIC Recommended

Gretchen's Breastfeeding Blog By Gretchen Dunham WIC Peer Counselor



WABA | WORLD BREASTFEEDING WEEK 2019
1-7 AUGUST 2019

World Breastfeeding Week (WBW) is just around the corner, and the Hayden WIC office is looking forward to celebrating with you! World Alliance for Breastfeeding Action (WABA), is a global network of organizations and people who work together to protect, promote, and support breastfeeding worldwide. WABA comes together every year, during the first week of August, to celebrate and promote breastfeeding (WBW). Breastfeeding is the optimal choice when feeding infants for many reasons, and WIC loves to support moms in this journey. Please come celebrate breastfeeding with us August 1st-7th during WBW 2019!

In observance of WBW, WIC will have a booth at the Farmers Market in Hayden (Hwy 95 and Prairie) on August 3rd, from 9 AM-1:30 PM. Our Peer Breastfeeding Peer Counselors will be there to offer breastfeeding education, information, and support to the community. There will be activities geared towards children, as well as a breastfeeding tent to feed your baby. Our booth will have a spot to enter your name for a special drawing as well. We look forward to seeing you there, so please stop and say hello!

WIC clients that are exclusively breastfeeding 100% may also visit the Hayden WIC office during regular business hours, August 1st-August 7th, and may pick up a free pack of diapers to celebrate WBW. WIC will also have a drawing during that month of August, at our WIC office, so don't forget to ask your WIC provider, so you can enter your name. And remember: MILLIONS of people will be joining us GLOBALLY to celebrate breastfeeding during that week. WIC is always here to support you on your breastfeeding journey!

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

WIC Recommended Recipe - Roasted Rosemary Cauliflower

Ingredients:

- 1 head of cauliflower
- 2 cloves of garlic
- 1/2 teaspoon onion powder
- Zest of 1 lemon (optional)
- Juice of 1 lemon
- 2 teaspoons fresh rosemary (can substitute Italian seasoning)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons olive oil



From: Luck Junky Consulting, A Culinary Think Tank

Directions:

Cut cauliflower into bite size pieces and rinse well. Place florets with all other ingredients in a large bowl and toss. Be sure that the cauliflower is well coated with all ingredients. Place well coated cauliflower in a shallow baking dish in a single layer. Roast in the oven at 375 degrees for 15 - 20 minutes and Enjoy!

EVENTS

UPCOMING EVENTS:

- **Jacey's Race - July 14 at 8:30 AM - Sandpoint High School** - Fundraiser to benefit children with severe illnesses. 1K, 5K & lots of activities. Free for children 12 & under. Enjoy a day of free physical activity and connect with your community.
- **1st and 3rd 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 Sand Creek Trail in Sandpoint at 8:00 am on Saturdays and at 5:30 pm on Tuesdays.
- **“Change for Change” Healthy Recipe Contest**, submission deadline is July 3, 2019 at 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
- **World Breastfeeding Week!** August 1st thru August 7th - We will be celebrating at WIC.
- **Upcoming Breastfeeding classes:** July 17th @ 10:30 am., July 23rd @ 3:30 pm., August 13th @ 3:30 pm., August 22nd @ 10:30 am., September 11th @ 10:30 am., September 25th @ 3:00 pm. Please call 208-415-5130 to sign up as these classes do fill up.

WIC NEWS

eWIC is coming!!! Yes, that's right. This fall, all participants will be transitioned to the new electronic WIC benefits, known as the eWIC card. No more paper checks! All food for your family will be one card. You get to decide which of your WIC foods to buy at each shopping trip! Shop as many times in a month as you want. Swipe your Idaho eWIC card at the register, just like a debit card.

WICShopper app is a great way to stay connected! Download it today. It's FREE and once you are transitioned to the eWIC card, you can check your balance right from the app! Did you also 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!

Are you pregnant and been diagnosed with Gestational Diabetes? With a referral from your health care provider, you can see our Certified Diabetes Educator/Registered Dietitian Nutritionist to help manage your blood sugars for a healthy pregnancy. Call Kim @ 208-415-5141 for more info.

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

Citilink Bus stop located in front of Panhandle Health District (PHD) in Hayden on Atlas Rd. For more information on the route and timetable, visit: <http://www.kcgov.us/departments/transit/transitpdfs/CRRoute.pdf>

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
Bonners Ferry
(208) 267-5558

Bonner County
Sandpoint
(208) 263-5159

Shoshone County
Kellogg
(208) 786-7474

Find us online!

<http://panhandlehealthdistrict.org/wic>



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WIC is an equal opportunity provider.



Public Health
Prevent. Promote. Protect.
Panhandle Health District