

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

A quarterly newsletter brought to you by your WIC Clinic

Winter – Jan. - Feb. - Mar. - 2020

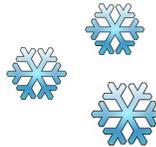


WIC News

HAPPY NEW YEAR!!
2020



Breastfeeding



WIC
Recommended



Gretchen's Breastfeeding Blog

By Gretchen Dunham WIC Peer Counselor

Benefits of Breastfeeding

Benefits for Mom:

Promotes a special bond between mother and baby

- Less bleeding after delivery
- Uterus returns to pre-pregnancy size much sooner
- Burns 200-500 calories a day
- Convenient and it is free!
- Less risk of ovarian and uterine cancer
- Lowers risk of several diseases, as well as postpartum depression
- Less days missed at work, as breastfed babies get sick less often
- Lowered medical expenses, as breastfed babies are healthier
- Allows for more sleep at night: No preparing bottles
- Easy to digest. Less tummy troubles means more sleep!
- Menstruation usually stops until breastfeeding ends
- Knowledge that baby is being provided the best possible infant food
- Ability to calm and nurture baby in a way that nothing else can

Benefits for Baby:

Promotes special bond with mom

- Cognitive development is supported by components of breast milk
- Studies show optimal brain and nervous system development (higher IQ)
- Breastmilk has well over 1000 ingredients designed specifically for baby
- Rich in digestive enzymes, leading to less digestive issues
- Breastmilk contains antibodies, which protect baby from sickness
- Breastmilk most complete form of nutrition for infants
- Perfect amount of fat, sugar, water, protein, vitamins, and minerals
- Breastmilk contains sleep-inducing proteins
- Baby tends to gain less unnecessary weight (less chance of obesity later in life)
- Better oral and dental health, as well as less ear infections, allergies, and childhood cancers
- Breastmilk changes with your baby's growth, giving baby exactly what they need at that very moment, for optimal development.

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

WIC Recommended Recipe - Fruit Dip *From a WIC Team Member*

Use fresh orange segments and kiwifruit slices when winter fruits are in season.

Ingredients:

- 1 (8-ounce) container low-fat vanilla yogurt
- 2 Tablespoons 100% orange juice
- 1 Tablespoon lime juice
- 1/2 Tablespoon brown sugar



From: Champions for Change

EVENTS

UPCOMING EVENTS:

- **Walk With a Doc** – Join the group and go for a **FREE** walk! Walkers meet on Mondays and Thursdays at 12:15 at the back of the Clark Fork High School track.
- **“Change for Change”** Healthy Recipe Contest, next submission deadline is 2/26/20 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 - 12/18/19 Winners: *1st Place* - Gloria Hanson - Vegetable Lasagna, *2nd Place* - Melody Fairbrother - Pomegranate, Pear, Pecan Salad, *3rd Place* - Kyerstin McMaster—Spanish Rice, Honorable Mention - Michelle Krampert - Sweet Potato Gnocchi.
- **Upcoming Breastfeeding classes:** Jan. 14th @ 10:30 am, Jan. 22nd @ 4:00 pm, Feb 11th @ 10:30 am, Feb. 26th @ 4:00 pm, Mar. 10th @ 10:30 am & Mar. 25th @ 4:00 pm. Please call 208-415-5130 to sign up, as these classes do fill up.
- **Cooking Matters - FREE This Spring - Cooking Classes at Panhandle Health District in Hayden & Sandpoint - Learn to make a recipe & take home FREE Groceries to make the recipe for your family. Plus get a FREE grocery tote and a kitchen gadget at each class you attend. Call 208-415-5144 to get your name on the list for 1 or all the classes. Space is limited.**
- **DPP** - Classes starting in January at Panhandle Health District in Bonners Ferry and Sandpoint - For more information call Nanci at 208-263-5159
- **PLAY Program** - Introduction Meeting for families at Panhandle Health District in Hayden on January 23rd at 6:00 pm

WIC NEWS

eWIC is here!!! Tell your friends! 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!

NEW PLAY PROGRAM - We are excited to announce the launch of our new PLAY program! PLAY (Parents Leading Active Youth) is a childhood obesity prevention program which is 12-weeks and includes one nutrition class and one physical activity class per week. Classes are led by nutrition and physical activity experts. At least one parent or caregiver must participate with their child (ren), and children must be ages 6-11 with a Body Mass Index (BMI) of 85% or higher (please see the PLAY website at www.NorthIdahoPlay.org for more information and BMI calculator). Our informational meeting is set for Thursday, January 23rd from 6:00-7:00 pm at Panhandle Health District in the ShoBen Room. Anyone interested in the program is welcome to attend, and participants can register that night as well. PLAY classes are scheduled to begin Tuesday, February 4th. For more information, please contact Tarah, our PLAY coordinator and dietitian at 208-415-5175 or tboerner@phd1.idaho.gov

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/CRoute.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>



<https://www.facebook.com/NorthIdahoWIC/>



<http://www.pinterest.com/panhandleh/wic-recipes/>

WIC is an equal opportunity provider.



Public Health
Prevent. Promote. Protect.
Panhandle Health District