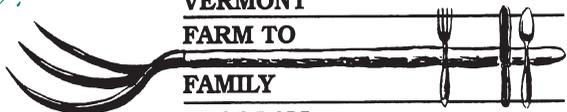


Growing Healthy Families



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Vermont Department of Health • 1-800-649-4357
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VERMONT
FARM TO
FAMILY
PROGRAM



It's Farm to Family time!

Summertime means time to taste fresh, locally grown vegetables and fruits. At the Farmers' Market you can meet the people who grow your food, support local farms, and try new vegetables and fruits.

What is Farm to Family?

The Vermont Farm to Family Program provides WIC participants age 6 months and older with coupons to buy fresh vegetables and fruits at participating farmers' markets around the state. When you attend a Farm to Family activity, you will receive one free coupon book worth \$30 for you to spend on fresh vegetables and fruits for your family at the Farmers' Market.

Why only one booklet?

Funds for this program are limited this year. Coupon books are distributed on a first come, first serve basis. Providing one book at a time allows as many Vermont WIC families as possible to participate. After all local Farm to Family distribution activities have ended, there may be additional coupon books available for families that have a second WIC participant.

Where do I get the coupons?

At a fun nutrition activity run by the staff from your WIC office. Check the insert of this newsletter for dates and times of the activities being held in your community. There are a limited number of coupon books available. Coupons are for use by the recipient and may not be sold or given away.



Got baby food?

Most babies are ready to eat solid foods around 6 months of age. They will still need breastmilk or formula but baby food provides the nutrients that a growing baby needs. Offer your baby one new food at a time. Give your baby time to learn to like a new food. It may take many tries.

Does this sound like your older baby?

- **I love to eat!** I get excited when I'm hungry and it's time to eat.
- **I like to eat with my fingers.** When I'm ready, let me pick up small pieces of food to feed myself.
- **When I'm full, I'll tell you.** I may turn my head away, close my mouth firmly or lose interest and start to play.
- **I want to use a cup.** I am ready to start using a cup without a lid at about 6 months of age. You'll have to help me at first, then I'll learn to hold it myself.
- **I want to sit at the table for family meals.** While you're eating, I can practice feeding myself with my fingers. When we eat together, I know you're close by and will keep me safe.
- **I know my job.** Your job is to offer me healthy foods, and my job is to decide how much I want to eat. I will eat different amounts of food from day to day and meal to meal. Trust me to know when I'm full.

In addition to the baby food you get from WIC, you can make your own at home. It's easy! And as your baby gets older, you can feed him the same foods the rest of the family eats, just modified to his readiness. For example, if you serve sweet potatoes to the family, just mash up some plain for your baby.

clip & save recipe!

**Try this
baby
food
recipe:**

Broccoli and Cauliflower Medley

SERVINGS: 12 one-ounce servings for babies 6 months and older

INGREDIENTS:

1 Tablespoon butter

1 cup broccoli florets, and stem pieces if peeled

1 cup cauliflower

Put vegetables in a steamer basket over boiling water or use a small amount of water in the pan. Steam until tender. Puree, mash or chop to the texture that is right for your baby's age, adding water if needed. Cool and serve.

Nutrient analysis per cube: Calories 5; protein 0 grams; carbohydrates 1 gram; fat 0 grams; sodium 0 milligrams

QUICK TIP:

Put any leftovers into ice cube trays, cover and freeze. Once frozen, place the cubes into freezer bags and store in the freezer. Use within one month. As needed, thaw the desired number of cubes in the refrigerator and warm before serving.



clip & save recipe!



Vegetable Garden Omelet

SERVINGS: 2 adult servings or 4–6 toddler servings

INGREDIENTS:

- 1 Tablespoon butter
- ¼ medium onion, sliced *
- ½ cup mushrooms*, sliced
- 1 cup fresh spinach*, torn
- 3 large eggs*
- 2 tablespoons water
- 1/8 teaspoon salt
- ½ cup tomatoes*, diced
- ¼ cup low-fat cheddar or mozzarella cheese*, shredded

*WIC foods

In a frying pan, melt butter on medium-low heat. Add the sliced onion and mushrooms and cook until soft. Add the spinach and stir until wilted. If needed, add a tablespoon of water to prevent burning. Pour into a small dish and set aside. In a mixing bowl, beat eggs, 2 tablespoons of water, and salt until blended.

Heat the same frying pan on medium high until the pan is hot. Pour the egg mixture into the pan. Cook until the egg mixture begins to set on the surface. Spread tomatoes over half the omelet. When the eggs thicken on the surface, add the vegetables and sprinkle with cheese. Fold the omelet in half with a spatula and serve immediately.

Nutrient analysis: Calories 210; protein 13 grams; Carbohydrate 5 grams; Fat 15 grams; Sodium 400 milligrams; Fiber 1 gram

QUICK TIP:

Reduce the total fat by substituting the 3 large eggs with 1 whole egg and 3 egg whites.



New car seat guidance!

Keeping kids safe while riding in a car is every parent's job. New advice from the American Academy of Pediatrics (AAP) will change the way many parents buckle up their children in the car.

- Children should ride rear-facing to age 2, or until they reach the maximum height and weight for their car seat. In a crash, the rear facing seat supports the neck and head of a child under 2.
- After age 2, a forward facing car seat with a harness system is used until they reach the maximum height and weight for their car seat.
- Most children will need to ride in a belt-positioning booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age.
- Children should ride in the rear of a vehicle until they are 13 years old.

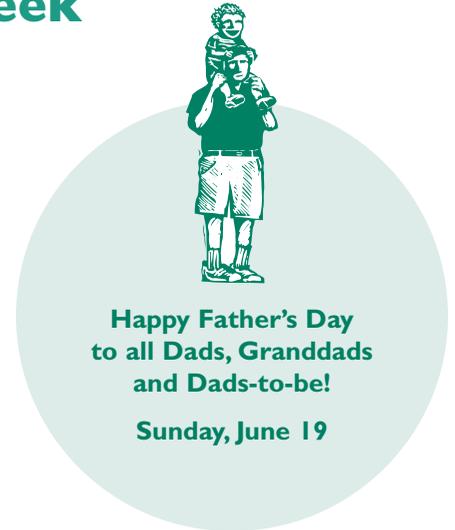
Visit www.healthychildren.org for more information on the new car seat guidance. Click on "Safety & Prevention" then "On The Go" then "Car Seat Safety Information for Families 2011."



August 1-7, 2011 is World Breastfeeding Week

In this issue:

- **It's Farm to Family time!**
\$30 coupon book for fresh fruits and veggies — FREE!
- **Got baby food?**
Six-month-old babies are ready to eat!
- **New car seat guidance**
New guidance to keep your kids safe while riding in the car.
- **Featured recipes:**
Broccoli and Cauliflower Medley, and Vegetable Garden Omelet



"Got baby food?", Broccoli and Cauliflower Medley recipe and Vegetable Garden Omelet recipe courtesy of the National WIC Association. "New car seat guidance" courtesy of the American Academy of Pediatrics.

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