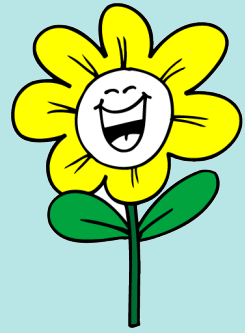




WIC Newsletter

Nicollet County, Minnesota

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Focus on Fruits

Eating fruit provides health benefits. Fruits provide nutrients vital for health such as potassium, fiber, vitamin C and folic acid. Most fruits are naturally low in fat and calories. Here are some tips:

Keep fruits visible. Keep a bowl of whole fruit on your counter, table or within reach in your refrigerator.

Buy fresh fruits in season when they may be less expensive or purchase frozen fruits to add a variety.

Dried fruits make great snacks and they are easy to carry and store well.

Pack fruit for lunch, top your cereal with fruit such as bananas or strawberries and experiment with fruit at dinner too.

Keep fruits safe by rinsing fruits before preparing or eating them. Run under clean water, rub fruit and remove any dirt. Dry with a clean towel then serve or eat!



Gardening season is just around the corner. Gardening can produce fresh, healthy fruits and vegetables for your table. Gardening can tend to seem like a big project especially for those without a big yard or garden space. Luckily for us, we can start seeding indoors with a little space to devote to the task until we find a larger space. Seed starting can be accomplished by anyone but there are a few considerations...

1) Be sure to do some research on what you decide to grow! Located on the back of the seed packets is information for seeding.



2) Make sure your container has good soil and drainage. You can purchase a variety of seed starting containers at your local hardware store.

3) Know the time needed to start vegetables before transplanting to a larger garden. Gardening the plants

at the right time is important!

4) Make sure you give young plants plenty of water, but always avoid wetting the plant's leaves! Wet leaves can easily lead to mold, rot, and a sick plant! Be on the look-out for yellow leaves that means too much water!

5) Some plants are shade plants, others need sun, and yet even more plants are partial shade or sun! Don't overlook that part of your plant's description!

****Don't forget to stop by our St Peter office on Friday, April 14th from 11-2pm for your FREE Tomato Plant. (while supplies last) Look for your postcard in the mail****



Easy Quesadilla

Ingredients:

Four 8-inch whole wheat tortillas

1 cup of shredded cheese
3/4 cup of beans (Black or Pinto)

Optional:

Salsa

Plain Greek Yogurt (Sour Cream Substitute)

Guacamole

Instructions:

Heat a medium skillet. Spray it with cooking spray. Place 1/4 of each ingredient on half of each tortilla.

Fold the empty side of the tortilla over the cheese and beans like closing a book.

Cook quesadillas in skillet until lightly browned on both sides. Be sure they are warmed through and the cheese is melted.

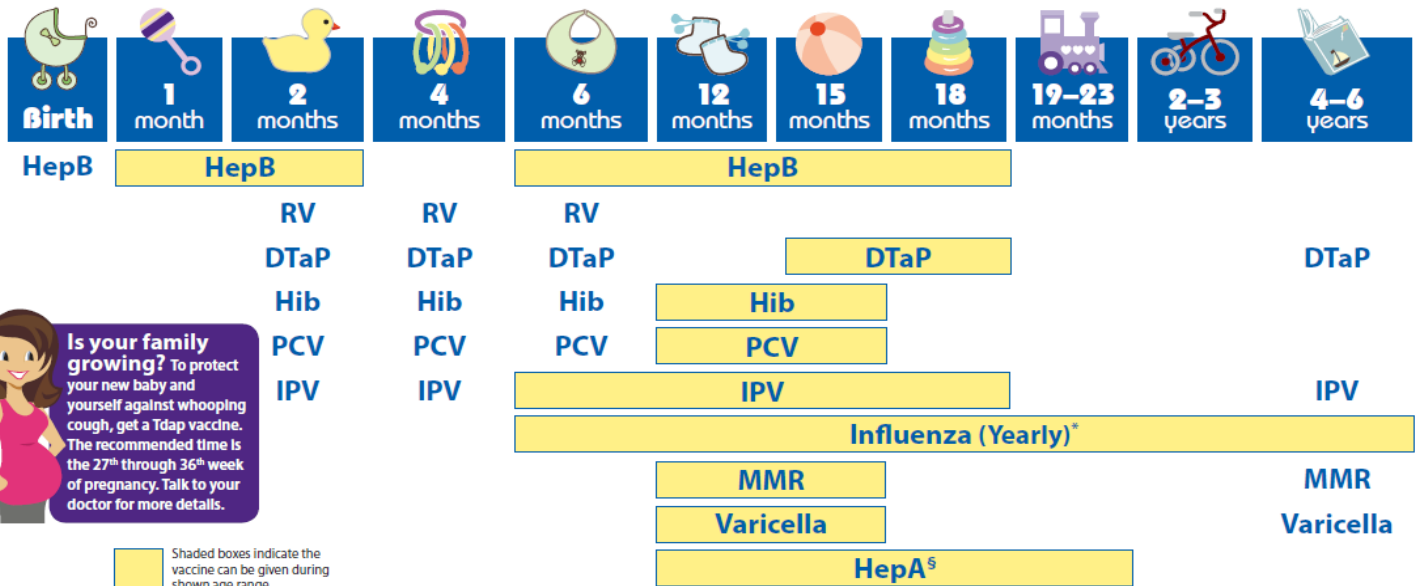
Top with optional ingredients & Enjoy!

Is your Child protected? Vaccine 101??

If your child has fallen behind on their vaccines, talk to your doctor or clinic to catch them up. Minnesota law requires written proof of certain vaccinations for children in child care, early child care programs, and school. Vaccination is one of the best ways parents can protect infants, children and teens from 16 potentially harmful diseases.

Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly - especially in infants and young children. Keeping up-to-date immunization records for your family, especially your children, is important. You will need your children's immunization records to register them for school, child care, athletic teams, and summer camps or to travel. Talk to your provider to make sure your child is protected.

2017 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE:
If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:
* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
^S Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.
If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines/parents



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



American Academy of Pediatrics
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