



# WIC Newsletter



Nicollet County, Minnesota [www.co.nicollet.mn.us](http://www.co.nicollet.mn.us)

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MINNESOTA ZOO

## Minnesota Zoo

Want something to do this summer? ? Take the family to the Minnesota Zoo. Just show them your WIC Folder and your ID and you and your family will receive FREE admission to the Minnesota zoo.

This does not include parking (\$7 a car) or cost into other zoo exhibits, zoo activities , events or food. Just general admission

Address: 13000 Zoo Blvd, Apple Valley, MN 55124

Please visit

<http://mnzoo.org/>

And plan your visit today.



## WIC Fruit & Vegetable Vouchers at Farmers Markets

Shop at authorized Farmers Markets between June 23th and Oct 31, 2016. Check the dates on your monthly WIC Fruit &Vegetable vouchers and use them on or between the first and last day to use.

Look for the Yellow Sign that states "Farmers Market Nutrition Program Checks AND WIC Fruit & Vegetable Vouchers Accepted Here ( see example on right)

Select your fresh WIC eligible fruit & vegetables ( you can not buy shallots, garlic, herbs or pumpkins)

## Calcium

Incorporating yogurt into a healthy diet for kids is easier than you might think! This nutrient packed food offers a bounty of health benefits ranging from increased bone health to digestive well-being. MyPlate recommends at least 2 1/2 - 3 cups of low fat dairy products in your child's diet everyday. Yogurt offers an abundance of ways to get your child to

Give the farmer your WIC Fruit & Vegetable voucher(s) and WIC ID folder and sign each voucher .

Mankato Farmers Market  
Located: Best Buy 1895 Adams St  
Tuesday/Thursday 3:30-6pm

Saturday 8am- noon

Ask your WIC CPA for a list of authorized Farmers Markets in MN.



meet the recommended servings per day of dairy. Here are some fun ways to include yogurt into your child's diet.: Dip it, mix it, blend it, drink it, spoon it or dunk it using your favorite fruit or low fat cracker.



## Confetti Rice and Bean Salad

What to do with all those beans.? Summer time is a great time to serve salad at meal times. Beans are part of the legume family, which also include peas and lentils. While there are many different types of beans they are all highly nutritious. Beans are a low-fat, cholesterol-free food, rich in many minerals including folic acid, iron, potassium and magnesium. They are high in fiber and protein as well. Some types of beans have more protein than others, but beans for the most part are considered a high-protein food.

- 1 cup of rice
- 1 can of black beans (rinsed & drained)
- 1 cup of corn (canned or frozen)
- 1 cup of canned or chopped tomatoes
- 1 medium carrot grated (optional)
- 1/4 cup of lime juice
- 1/4 cup of oil (canola, olive or vegetable)

1. Cook rice as directed and let cool, set a side.
2. While rice is cooling, add tomatoes, corn and drained black beans to bowl. Add cooled rice to a the bowl.
3. In small bowl, whisk together lime juice, oil, and salt and pepper to taste. Pour over rice mixture and stir gently.
4. Refrigerate at least 30 minutes before serving .

Serve ;  
As a side dish, with a pita, tortilla or tortillas chips or even a lettuce wrap.

TIPS:  
Add cumin for added flavor and color. Or add your favorite cooked meat or fish variety.

Enjoy!!



Minnesotans for Healthy Kids Coalition (MHK) was established in 2007 by the American Heart Association to mobilize advocacy efforts around priority state policies to address childhood obesity.

More Minnesota children are falling into unhealthy patterns. Nationally, childhood obesity has increased more than three fold since the early 1970's, and increased in the important age group of 6 to 11 year olds by 350%. In Minnesota, 14% of children ages 10 to 17 are obese. Alarming, a British Medical Journal study found that childhood obesity is persistent after age 11. In other words, if a child is obese by age 11, he or she is unlikely to return to a healthy weight throughout their life. Two significant contributing factors to rising obesity rates are lack of physical activity and unhealthy eating

Minnesota children need more opportunities for physical activity. The

American Heart Association and other leading health organizations such as the U.S. Department of Health and Human Services recommend that children have at least 60 minutes of physical activity each day. Minnesota children are falling far short of that goal. According to the latest Minnesota Student Survey, which was administered by the Minnesota Department of Education in 2013 to public school students in grades 5, 8, 9, and 11, less than half of students report having had 60 minutes of physical activity in five or more days of the last week.

Here are some ways to stay healthy:

\* Reach for 5— Fruit and vegetables are great raw for snacks or cooked at meal times. Cut an apple into slices and dip into your favorite yogurt.

\* 2 hours or less of TV time - Digital life begins at a young age, and so

must parental guidance. Children who are “growing up digital” should learn healthy concepts of digital citizenship. Less is best.

\*Get out and Move -Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety! With the summer weather here, getting outside to play is a great way to exercise.

\*Limit Sugar Sweetened Drinks - While we all know soda is not necessary for children and toddlers but limiting their juice consumption is important too. Juice has a significant amount of sugar — so limit to no more than one serving, about 4-6 ounces (120-180 milliliters) a day. That's It!! Too much juice can contribute to excess weight gain, diarrhea, and tooth decay.

More information on the coalition go to [http://www.heart.org/HEARTORG/General/Minnesotans-for-Healthy-Kids-Coalition\\_UCM\\_308624\\_Article.jsp](http://www.heart.org/HEARTORG/General/Minnesotans-for-Healthy-Kids-Coalition_UCM_308624_Article.jsp)

\*This institution is an equal opportunity provider.