

# What's Happening

@Hardin County WIC



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## Growing Healthy Families

Issue 4 • April-June 2022

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### Dates to Remember

**May 5th** - Cinco de Mayo

**May 8th** - Mother's Day

**May 30th**-Closed for Memorial Day

**June 19th** - Father's Day

**June 21st** - First Day of Summer

The **W**omen, **I**nfants and **C**hildren program is a supplemental nutrition program that serves pregnant and breastfeeding women, infants, and children to the age 5 years.

\*\*For more information or to apply, visit [www.texaswic.org](http://www.texaswic.org) or call 409-246-8383\*\*

## The Difference a Thousand Days Made: Sarah's Story-Part 4

As Sarah gazed at the newborn cradled in her arms, she wondered about his future. It wouldn't be long before he started walking and talking. In the blink of an eye, he'd be off to kindergarten. She knows all too well just how fast time flies, and she wants to give her son the best possible start on life's journey. The lactation consultant she spoke with at the hospital said the greatest thing she can do for her baby is to breastfeed.

Breastfeeding plays a powerful role in the health and development of infants and toddlers (Sullivan, L., & Brumfield, C., (2016). The first 1,000 days, page 15). But babies aren't the only ones who benefit from breastfeeding...so does Mom! Check out the box below to learn more about breastfeeding benefits.

### Breastfeeding Benefits for Baby & Mom

- \* The unique properties of breastmilk boost the immune system and protect from illness and infection
- \* Helps form healthier eating habits later in life
- \* Reduces infant mortality (death of children under the age of 12 months)
- \* The longer the infant is breastfed, the less likely he or she will develop diabetes or obesity later in life
- \* Better scores in math, reading, memory and motor function tests
- \* Higher IQs which lead to higher education and greater income later in life
- \* Every year that Mom breastfeeds, she greatly reduces her risk of developing heart disease, breast cancer and ovarian cancer



Breastmilk is the ultimate superfood

Join us next time as Sarah faces the challenge of going back to work while breastfeeding

Please extend a warm welcome to the newest member of our Hardin County WIC team,



**Cristina Sifuentes!!** Cristina is an International Board Certified Lactation Consultant (IBCLC) and will be available to help our breastfeeding moms.

# BEAT the HEAT

If there's one thing we know about in Southeast Texas is the summer heat!! Beat the heat by using your WIC benefits to make

## Fresh Fruit and Yogurt Ice Pops for your family.

- 2 cups fresh fruit (any combination-be creative)
- 2 cups vanilla yogurt
- 8 small paper cups
- 8 popsicle sticks

Place fruit and yogurt in blender. Cover and blend to desired consistency. Fill paper cups 3/4 full with mixture, cover with aluminum foil then poke a popsicle stick through the center of the foil on each cup. Freeze for at least 5 hours. To serve, remove foil and peel off the paper cup. \*\* [www.allrecipes.com](http://www.allrecipes.com)



# hello SUMMER

Summer is upon us and we all know what that means...the kids will be home and Moms everywhere will be spending most of their time in the kitchen fixing meals and snacks. That can get expensive!! Here are a few budget friendly tips to help cut food costs during summer vacation:

- Use your WIC benefits **first**. And don't forget to take advantage of the fruit & veggie dollar amount increase through September 2022!
- Prepare meals using the foods you have in your pantry and freezer first
- Plan a meatless meal or two during the week (think meatless chili or bean burritos)
- Eat leftovers for lunch the next day
- Shop the sales by checking out your weekly grocery store ad
- Download the store app then clip e-coupons and scan your phone at the register for added savings

## Celebrate Cinco de Mayo with Veggie Bean Tacos

2 cups fresh corn	2 Tbsp canola oil, divided	4 medium tomatoes, seed & chopped	3 small zucchini, chopped
1 large red onion, chopped	3 garlic cloves, minced	1 cup black beans, drained & rinsed	1 tsp minced fresh oregano or 1/4 tsp dried
1/2 tsp salt	1/4 tsp pepper	12 corn tortillas (6 inches), warmed	3/4 cup Monterey Jack cheese
1/4 cup salsa verde	1 medium ripe avocado, peeled and thinly sliced	Reduced fat sour cream, optional	<b>**Recipe by Taste of Home</b>

### Directions

In a large skillet, sauté corn in 1 Tbsp. oil until lightly browned. Remove and keep warm. In the same skillet, sauté tomatoes, zucchini and onion in remaining oil until tender. Add garlic; cook 1 minute longer. Stir in beans, oregano, salt, pepper, and corn. Heat through. Divide filling among tortillas. Top with cheese, salsa, avocado and sour cream (if desired).



**Celebrate Mom and Dad in Style!!**

Send us your favorite pictures of Mom and Dad and we will post them to our Facebook page and honor them in style!!!

Email your picture along with your name and telephone number to [wic@co.hardin.tx.us](mailto:wic@co.hardin.tx.us).

Also include a short description about your picture and anything you'd like to say about Mom & Dad.

We will post pictures of

**Mom on Mother's Day**

&

**Dad on Father's Day**

**Dates and times to submit pictures:**

**Mother's Day:** Beginning at 8am on Monday May 2nd and ending at 5pm on Thursday May 5th.

**Father's Day:** Beginning at 8am on Monday June 13th and ending at 5pm on Thursday June 16th.



**Hardin County WIC • 1135 Redwood, Kountze, TX 77625 • 409-246-8383 or 409-781-0558**

**\*\*USDA is an equal opportunity provider and employer. \*\*EI USDA es un proveedor y empleador que ofrece igualdad de oportunidades.**

# A Season of Plant Goodness

We are excited to announce that five new nutrition education classes are in the making!!!

We will introduce a new class monthly from May to September.

Our theme is 'A Season of Plant Goodness' and each class will highlight a particular vegetable family. We will cover the different vegetables included in each family, their health benefits and how to prepare them.

Keep an eye on our Facebook page for more information.

Root Vegetables



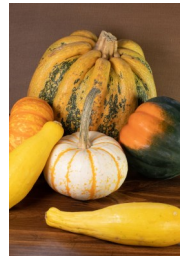
Legumes



Peppers



Squash



Cruciferous  
(Crucifer-what?!)



## How to apply:

## WIC Staff

Call Hardin County WIC at 409-246-8383 or 409-673-0508 to schedule an appointment. You may also apply online at [www.texaswic.org/apply](http://www.texaswic.org/apply).

### Hardin County Health Services WIC Staff:



Letasha Jones  
Assistant Health  
Services Director &  
WIC Manager



Michelle Miller  
Registered Dietitian



Sabrina Jeanise  
Registered Dietitian



Ometra McCray  
Breastfeeding  
Peer Counselor



Glenda Watts  
Clerk

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