

What's Happening

@Hardin County WIC

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.

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For more information or to apply, visit www.texaswic.org or call 409-246-8383

A pregnant mom is her baby's ONLY source of nutrition



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The Difference a Thousand Days Made: Sarah's Story-Part 3

After her check-up, Sarah made her way to the car. She got in, sat down behind the wheel and placed her hands on her belly as if trying to shield the child growing inside her. What the doctor confirmed had her mind spinning. Could it really be true? If so, she had to work on her diet and get rid of the soda and chips!

Earlier as she waited in the examination room she picked up a magazine and was flipping through it when she ran across an article. The title drew her in, "Can the Foods You Eat during Pregnancy Put Your Baby at Risk?" The article stated that if a pregnant mom does not get enough calories, vitamins and minerals it could cause the baby to have birth defects, learning disabilities or learning delays. The thought terrified her. She would never want to harm her baby! She asked her doctor and he confirmed what she read to be true and encouraged her to call her local WIC dietitian for help.

It was a smart idea for Sarah to reach out to WIC. A healthy diet before, during, and after pregnancy is important for both Sarah and her baby. When she doesn't eat a wide variety of healthy foods such as fruits, vegetables, beans, lean meats, and whole grains like brown rice and whole wheat bread, she puts her baby at risk because she is the sole source of nutrition for her developing baby.

A few of the many important nutrients Sarah needs for her and her baby include folic acid, iron, and zinc.

Folic Acid: Important for the development of the baby's brain and spinal cord. Deficiency can cause learning disabilities or paralysis. And some babies can be born with little or no brain. Found in leafy greens, beans, and foods that are fortified with folic acid, such as bread, cereal, pasta, and rice.

Iron: Delivers oxygen throughout the body, helps to boost immunity, and is also needed for proper brain development. Iron deficiency can increase the risk of illness, cause fatigue and shortness of breath. Children who have uncorrected low iron are at greater risk of developing irreversible hyperactivity disorders. Found in dark leafy green, beans, and whole grain breads and cereals. Couple with foods that are high in vitamin C to help the body better absorb the iron. Vitamin C rich foods include oranges, strawberries, tomatoes and bell peppers.

Zinc: Needed for cell growth, brain function, bone growth and a healthy immune system. Deficiency can lead to preterm delivery, poor growth in children and increased risk of illness. Found in dairy products, whole grains, red meat and poultry.

Eating plenty of fruits, vegetables, beans, grains, lean meat and low-fat dairy can help ensure that Mom and her baby are getting all the nutrients they need.

Join us next time as we continue to follow Sarah's journey.

It's time for her baby to arrive!

FULLY & MOSTLY BREASTFEEDING WIC MOMS AND PREGNANT WIC MOMS ARE INVITED JOIN US FOR A FUN-FILLED BABY SHOWER.

THERE WILL BE GAMES, FOOD, AND PRIZES, AND A LACTATION CONSULTANT TO ANSWER YOUR BREASTFEEDING QUESTIONS.

HURRY! THERE ARE ONLY 15 SPOTS AVAILABLE!!
CALL 409-246-8383 OR 409-673-0508 TO RSVP BEFORE FEBRUARY 28TH!

Baby Shower

March 3, 2022 • 11:00 AM
Hardin County Annex Conference Room



Name Sarah's Baby Contest

If you've been following Sarah's story in our newsletters you know that it's almost time for her baby to be born. But we need your help! Her baby needs a name. Do you have an idea? For a chance to win a \$25 gift card and the honor of having your baby name used in Sarah's story, text 409-673-0508 to request a link to enter your submission.

Calendar of Events

February

Happy National Children's Dental Month!

- 21st—Office closed for President's Day
- 28th—RSVP deadline for the Baby Shower

March

- 2nd—Office closed for Ash Wed.
- 3rd—Baby Shower
- 14th—Valentines Day
- 17th—Last day of the 'Name Sarah's Baby' contest