

Fun for all in fall



The new WIC card

Families in Rutland began using the new WIC card in July. By April, 2016 all WIC office locations will have transitioned to using the new WIC card. This means convenience, flexibility and choices for all Vermont WIC families.

New food items are available when you make the switch to using the WIC card! Yogurt, whole wheat pasta, and wheat and corn tortillas are brand new to Vermont WIC. Other items, such as national brands of peanut butter, new options for bread, and over a dozen brands of breakfast cereal have been added to the food list.



Whether you switch to using the WIC card this fall, winter or spring, you will have the opportunity to shop for a variety of healthy WIC foods at a store near you.

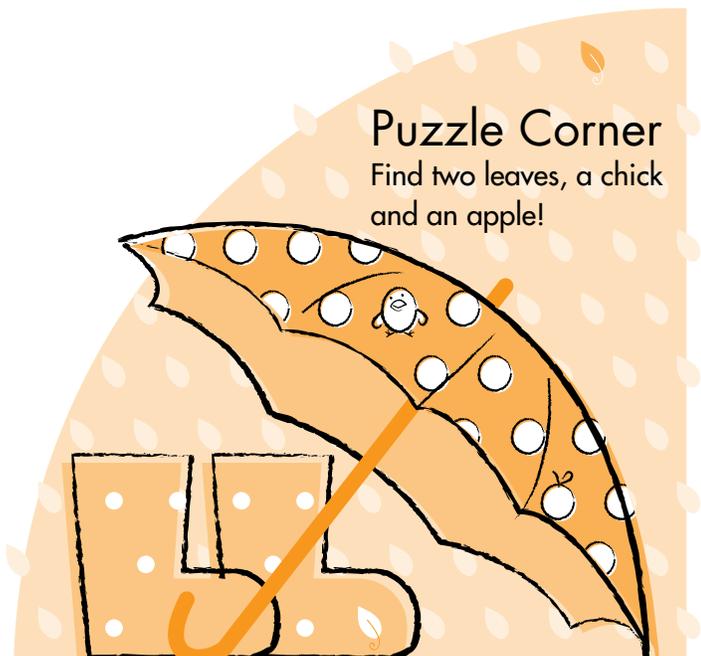
For more information check out our webpage at www.healthvermont.gov/wic.

Farm to Family coupons — still have some left?

Use your Farm to Family coupons before they expire on October 31. Some markets begin closing in late September so go early to stock up on winter squash and apples! You can cook and freeze for later use.

Puzzle Corner

Find two leaves, a chick and an apple!



Squash — a hardy fall crop

There are a wide variety of squashes grown in Vermont. Butternut, delicata, spaghetti, carnival and acorn are just a few of the delicious varieties you can find at your local farmers' market this fall. Squash is a hardy crop and can be used in all types of meals. Puree into soups, roast and add to pizza or boil and mash with butter!

Squash is easy to grow in Vermont and can be found in abundance this time of year. Buy extra and store throughout the fall and winter months.

Storage conditions

Squash store best at an even 50°F in a dark place. This could be a cool

and dark shelf, cabinet, or drawer in the kitchen, pantry, or closet. They also store well in a warmer section of the root cellar such as on the top shelf.

Be sure to pick squash without blemishes or bruises. Any little ding will get worse in storage and will affect the quality of the other squash as well. If kept in good conditions, squash can last into January and February.

Squash is packed with nutrients!

Squash is high in vitamin A, vitamin C and fiber! It's relatively low in calories and carbohydrates. Try using spaghetti squash in place of pasta for a low-carb meal or mash butternut squash in place of white potatoes.



Butternut Squash Soup www.simplyrecipes.com/recipes/butternut_squash_apple_soup

Vermont grown squash is available between September and November (and often available at winter farmers' markets). The apples, carrots and onions in this recipe can also be found at Vermont farmers' markets this time of year.

Makes 4–6 servings

1 medium yellow onion, chopped (about 1 cup)
1 celery rib, chopped (about $\frac{3}{4}$ cup)
1 carrot, chopped (about $\frac{3}{4}$ cup)
2 tablespoons butter
1 medium-large butternut squash, peeled and chopped, seeds discarded
1 apple, peeled, cored and chopped
3 cups chicken stock or broth
1 cup water
Pinches of nutmeg, cinnamon, cayenne, salt and pepper

Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.

Add the butternut squash, apple, broth and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.

Use an immersion blender to purée the soup, or work in batches and purée the soup in a standing blender.

Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste. Garnish with chopped fresh parsley or chives.

Nutrient analysis per serving: calories 125; protein 4 grams; carbohydrate 18 grams; fat 5 grams; sodium 92 milligrams, fiber 3 grams.

Apples galore!

Vermont fall means apple season. There are many places around the state you can go to pick your own apples. Visit www.pickyourown.org and click on “Vermont” to see a list of apple orchards near you.

Pick your apples in bulk, bring home and store in refrigerator for up to three months. There are a variety of ways you can eat your apples.

- Eat as snack plain or with nut butter
- Add to yogurt or cereal for breakfast
- Add to salads
- Roast with meat (such as pork chops or chicken)
- Make apple pancakes, waffles or bread
- Make homemade applesauce — eat fresh or freeze in small batches



Ask Dr. Lewis First

Q: I'm worried my child will choke on some of the things he puts in his mouth. How can I keep him safe?

Dr. First: Parents have been all choked up asking me questions about what they can do to prevent their child from choking.

Choking is one of the leading causes of unintentional injury or death in children under one and the danger remains until age five. Small parts from toys, coins, and foods like hot dogs, grapes, raw carrots, nuts, raisins, hard candy, and gummy candy are the most common culprits that can cause a choking episode.

Follow these tips to prevent choking:

1. Don't give infants and toddlers hard, smooth foods like peanuts or raw vegetables that require chewing with a grinding motion since children have difficulty chewing this way until age four and may try to swallow the food whole. Also avoid giving them round, firm foods like hot dogs and carrot sticks unless they are chopped into small pieces no larger than ½ inch across and encourage your child to chew thoroughly.

2. Supervise mealtime for your infant and toddler. Don't let her eat while playing or running. Have her chew and swallow before talking and laughing. Cook vegetables to soften them instead of serving them raw.

3. Pick up anything off the floor that could be dangerous to swallow such as deflated balloons, pen caps, beads and batteries. Keep toys with small parts out of reach from infants and toddlers.

Balloons that are not made of mylar can burst and be sucked back into a child's mouth, so avoid using non-mylar balloons when young children are around. Keep small button-type batteries away from children since they can cause choking and damage the lining of the digestive tract if ingested.

Hopefully tips like this will be food for thought, and not for choking, the next time you want to prevent your child from experiencing a choking episode.

Dr. Lewis First is Chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care.



We nourish families.



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Autumn.....the year's last,
loveliest smile.

~William Cullen Bryant

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