

Growing Healthy Families

WIC Newsletter • Spring 2015

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VERMONT DEPARTMENT OF HEALTH • 1-800-649-4857 • www.healthvermont.gov



New Opportunities

Spring is the time for renewal and new opportunities.

WIC too looks for new opportunities to provide better service to families.

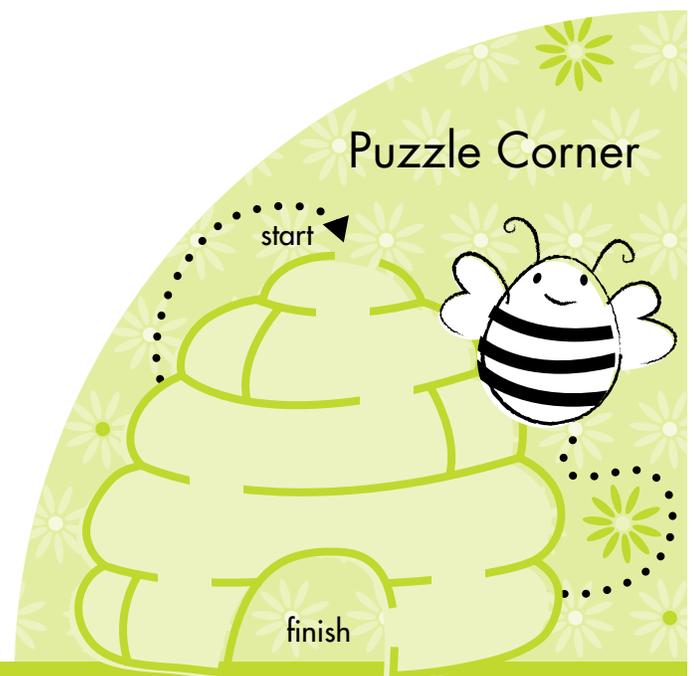
Last issue we shared that WIC in Vermont is preparing to transition from home delivery of WIC foods to using a WIC card at the grocery store. The WIC Card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it.

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new WIC food additions are yogurt, whole wheat pasta and tortillas.

WIC will pilot the new WIC card in the Rutland district office beginning in July. Between October 2015 and March 2016 the WIC card will roll out in other areas across the state to all WIC families.

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

Puzzle Corner





Easy Peanutty Noodle Bowl

Serves 6

½ cup old fashioned (WIC) peanut butter*
2 tablespoons low-sodium soy sauce
2 teaspoons garlic, minced
2 cups frozen vegetables such as broccoli, snow peas and red pepper
1 cup boiling water
½ pound spaghetti
1 Tbs. toasted sesame seeds (optional)

*WIC foods

Mix the peanut butter, soy sauce and garlic until smooth. Meanwhile, cook spaghetti according to package directions. Add frozen vegetables to the spaghetti water 2 to 3 minutes before the spaghetti is done. Drain spaghetti and vegetables and put in large bowl. Mix boiling water into the peanut butter mixture and then add to the pasta bowl, tossing well to coat. Sprinkle with sesame seeds if desired. Serve warm or chilled.

Nutrient analysis per serving: calories 305, protein 14 grams, carbohydrates 36 grams, fat 12 grams, sodium 268 grams, fiber 4 grams

Peanut Butter Balls

Makes 15 balls

½ cup old fashioned (WIC) peanut butter*
6 graham crackers, finely crushed
1 tsp. vanilla
Dash of cinnamon (optional)

*WIC foods

Mix together peanut butter, vanilla and graham cracker crumbs until well blended. Add in cinnamon if desired. Roll into 1-inch balls and place on tray in freezer until ready to eat.

Nutrient analysis per serving: calories 78, protein 2 grams, carbohydrates 6 grams, fat 5 grams, sodium 66 grams, fiber 1 grams



Enjoy peanut butter!

Peanut butter is a good source of protein and can be used for more than just sandwiches. Two tablespoons of peanut butter contains 9 grams of protein and has 200 calories.

The peanut butter that WIC provides contains only peanuts and salt to help avoid the additives, sugars and stabilizers in other peanut butters. Other peanut butters hydrogenate the oil to keep it from separating, and sometimes even add extra oil!

You can keep your WIC peanut butter in the fridge to keep the oil from separating. It is also okay to store it at room temperature for easier spreading, just try to use it within a month or two. Stir it every time you use it to keep the oil mixed in. Store unopened jars on their lids to help the oil distribute through the solids.

Kid-friendly ideas for using WIC peanut butter:

- Spread peanut butter on graham crackers or sliced apples
- Spread peanut butter on pancakes or waffles
- Substitute peanut butter for tahini in your favorite hummus recipe



Save money and eat well with EITC and 3SquaresVT

It's tax season and families are thinking about how to save money. If you worked in 2014 and made under \$52,427 you may be able to get the Earned Income Tax Credit (EITC). EITC boosts your income and is worth up to \$6,143 as a tax credit or refund. Families with children who get the Vermont EITC may also be able to get 3SquaresVT food benefits. With the link to 3SquaresVT, you can save money on your taxes and put healthy food on the table. Children who get 3SquaresVT also get free school meals, saving you even more money.

Help your children to grow and learn. Go to www.vermontfoodhelp.com and try out the "How much can I get?" calculator to find out if you can get 3SquaresVT. Nine out of 10 families get over \$50 a month so it's worth it to apply. You can apply online, at the Department for Children and Families district office, or dial 2-1-1 to connect to an organization that can help you. Also dial 2-1-1 to learn more about free tax help services to help you claim EITC.



Ask Dr. Lewis First

Q: When is my child's fever too high?

Dr. First: Parents have been hot to ask me this. Let me try to cool down everyone's concern by separating facts from fiction.

I am often asked if fever is bad for a child. Fever is the body's way to better fight off infection since the body's defense system against germs and inflammation works best at higher body temperatures. You might say that fevers are good for children when it comes to getting rid of the germs causing an infection.

Another concern is if a high fever is dangerous and causes brain damage. Fevers over 108°F have been shown to cause brain damage — but that is due to extreme environmental temperatures, not infections. Fevers due to infection do not climb high enough to cause brain injury.

Another question is if untreated fevers will cause convulsions. Febrile seizures/convulsions occur in only about 4% of children, and while scary to watch, if the seizure is solely due to a fever, it causes no permanent harm, nor does it increase the risk for developmental delay, learning disabilities, or seizures without fever.

Parents worry about the exact number on the thermometer. The number is especially important in infants less than two months old, when we do want to know about temperatures above 100.4°F. Over that age, it is not the number, but how your child looks and acts that is important. (If you are concerned about the health of a baby without a fever under a month or two of age call your pediatrician or family physician's office.)

As to treatment, be aware that acetaminophen (Tylenol) or ibuprofen (Motrin/Advil) should only be used to treat the discomfort of fever and should not be given automatically, since fever helps rid your child's body of the infection.

Bottom line: Fever is our friend, and if you are concerned about your child with a high fever please talk to your child's health care provider.

Hopefully this information will help you stay calm, cool, and collected the next time your child has a fever.

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Life stands before
 me like an eternal
 spring with new
 and brilliant
 clothes.

~Carl Friedrich Gauss

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