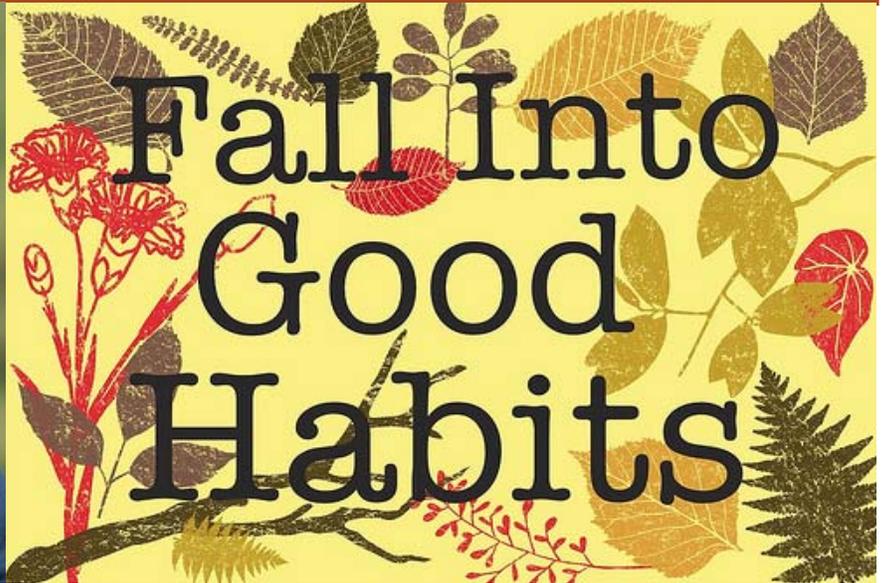


WIC BIZ



October, November, December 2020



Vitamin D

During fall and winter it is even more important to eat foods high in vitamin D.

During the summer our bodies make vitamin D in our skin from the sun.

Foods that are good sources of vitamin D include:

- Salmon
- Canned tuna fish
- Egg yolks
- Mushrooms
- Fortified cow's and soy milk



Why vitamin D is important

- Vitamin D is needed for the body to absorb calcium which keeps bones healthy, reducing the risk osteoporosis
- Helps keep our teeth healthy and strong
- Important for brain development during pregnancy through adulthood

Try Roasting your Veggies

Roasting brings out the sweet flavors and makes eating vegetables a whole different experience that your family may love!

You can roast most vegetables and examples include, carrots, broccoli, squash, asparagus, sweet potato, and brussel sprouts.

Cut vegetables in large chunks or wedges, toss in a bowl with olive oil and seasonings, place on a baking sheet, and cook in an oven preheated to 450° until crispy on the outside and soft in the inside. Cooking times will vary depending on the type and size of the vegetable.



This institution is an equal opportunity provider.



Get your Flu Shot



Children 5 and under, especially children under 2 years of age are at a high risk of developing serious flu related symptoms.

Protect children under 5 by:

- Getting your flu shot and having your children 6 months and older get theirs too.
- Keep children away from those that are sick.
- Cover your nose and mouth when sneezing and coughing.
- Wash hands often with soap and water for at least 20 seconds.
- Disinfect areas that are touched often.

Complications in children include:

- Pneumonia (infection where the lungs become inflamed)
- Sinus problems
- Ear infections
- Dehydration
- Brain dysfunction
- Worsening of conditions such as asthma and heart conditions

All ingredients are
WIC approved!

Crunchy Apple Roll-Ups

Ingredients

- 1/2 medium apple
- 1 tablespoon of peanut butter
- 1 whole wheat tortilla
- 2-3 tablespoons crispy rice cereal



Directions

1. Chop apples into small pieces or thinly slice.
2. Spread peanut butter in a thin layer on tortilla.
3. Spread apple on top of peanut butter evenly.
4. Sprinkle with cereal and tightly roll and cut.

