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SEE WHAT'S INSIDE

Promoting
Healthy
Women,
Infants,
and Children
in Alabama

INSIDE WIC NEWS IN ALABAMA

Carolyn Battle, Director [Click for more...](#)

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Alabama State WIC Program

Carolyn Battle

Director



From The WIC Director

Spring and summer have really come in with a big roar in Alabama! April 2011 saw one of the biggest outbreaks in tornadoes in the history of Alabama and the nation. My heart goes out to all of our WIC participants and staff and their families and friends who experienced injury, loss of lives, or damage to their homes and property due to the devastating tornadoes. It was just unbelievable how widespread the damage that was done to the affected areas. We are so appreciative of the heroic efforts of so many of our county, area, and state staff during this disaster. Everyone worked so hard to ensure that WIC and other services were provided with as little interruption as possible. Clinics without power still worked to issue food instruments. Many of you worked overtime and pitched in wherever you were needed. Thank you to all the county and area staff who attended the D-SNAP service centers to provide WIC information. I want to also express appreciation to our WIC vendors for their excellent communication and cooperation during the disaster. Our WIC vendors are so important to the success of the program. Now, summer is in full swing, and it is going to be a hot one! Geneva Hunter has created another great newsletter for you to enjoy. I want to give a big THANK YOU to county, area, and state staff for sharing all the great happenings that are going on in WIC! Hope you all take some vacation time and have a great summer!!



WIC Toll-Free Telephone Number 1-888-942-4673/WIC Website: www.adph.org/wic

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Central Office News

NUTRITION SERVICES

Jean Fulton, Director

Nutrition Services Branch Spring Activities

First of all, and most importantly, the Nutrition Services Branch expresses "Thank You" to each of you who worked to assist families impacted by the disastrous April 27, 2011, storms. We have received many reports of clinic staff who worked under challenging circumstances to provide help to those in need. This is how the WIC staff consistently responds, and we are not surprised by your efforts. Some of the numerous activities that our state nutrition staff are involved in this Spring include the following:

- 1) Finalizing the revisions for the WIC Approved Foods to be implemented October 2011
- 2) Developing and providing Value Enhanced Nutrition Assessment (VENA) refresher training for nutritionists and nurses
- 3) Planning and implementing the annual Nutrition Education and Breastfeeding Conference
- 4) Developing refresher training via LCMS for assigning the correct food package for the partially breastfeeding participant
- 5) Conducting Quality Assurance reviews
- 6) Providing exemplary WIC services to participants at the Eastbrook Training Clinic
- 7) Continuing the expansion of the Breastfeeding Peer Counseling Program statewide for a total of 22 clinics with Peer Counselors
- 8) Working with the Crossroads State Agency Model project.

The members of the state nutrition staff are here to support and assist you in the clinics! Contact us individually by e-mail or phone or call the primary number 334-206-5673.

Central Office News

VENDOR MANAGEMENT Stacey Neumann, Director

Several of our authorized WIC Vendors either completely lost their stores or the stores were severely damaged during the April 27, 2011, tornadoes.

The Vendor Management Branch would like to express our concerns and send our thoughts to all of our WIC vendors and any local WIC staff that experienced loss or damage during the recent tornadoes.

Contract Renewal Year

The current Alabama WIC Vendor contracts will expire September 30, 2011. Renewal applications were mailed to all of the currently authorized WIC Vendors on May 2, 2011, and were due back to the State WIC Office no later than June 1, 2011. The Vendor Management Branch is looking forward to working with the local county health department WIC staff to ensure a smooth contract renewal process. The Vendor Management Branch State staff is here to provide whatever assistance that may be needed.

In response to the feedback received at the State WIC Office, the training materials are being completely revised and updated. There will also be some new and exciting training resources available. A redesigned Alabama WIC Vendor handbook will provide more pertinent information for store employees. A "Cashier Guide" is being designed specifically for use in training cashiers at the store level. We are also very excited about our new training DVD which we feel will be better received by the viewing audience. If you have any ideas or suggestions on how the Vendor Management Branch can assist you further, please feel free to let us know. We are here for you!

Highlighting Vendor Management Staff with 2011 Graduating Seniors

Maxine Hawthorne is the proud parent of a graduating senior. Her daughter, Alexandria, was a graduating senior at Sidney Lanier High School in Montgomery, Alabama in May 2011. Alex is looking forward to attending college this fall and pursuing a career in nursing.

Stacey Neumann, Director, Vendor Management Branch, is the proud aunt of a graduating senior as well. Her niece, Katie Clay, graduated from Etowah High School in Gadsden, Alabama. Katie is looking forward to summer vacation and then attending college. Her interests are forensic science, fashion design, and youth ministry.

Vendor Information Publication (VIP)

Several important vendor issues have been highlighted in the VIP e-newsletter for the Alabama WIC Vendors. The e-newsletter provides additional education throughout the year about issues and concerns that are reported to the State Vendor Management staff. The latest edition featured shopping for the "Least Expensive Brand". The Vendor Management Branch recommends that WIC staff at the local and area levels review the newsletter to remain up to date on current vendor issues. If you have a topic idea for future issues of the VIP newsletter, please do not hesitate to contact the Vendor Management Branch with your suggestions.

Central Office News

WIC OPERATIONS

Amanda Martin, Director

Farmers Market

The Alabama WIC Program is again partnering with the Farmers Market Authority (FMA) to provide Farmers Market Nutrition booklets to our WIC participants. The four counties chosen by the FMA to dispense the booklets in 2011 are Blount, Dallas, Morgan and Madison Counties. The participants that are eligible to receive the booklets are the currently WIC certified prenatal women, breastfeeding women, and children of the participating counties. The booklets can only be used at participating farmers markets and road side stands, as authorized by the FMA. The Farmers Market Nutrition Program (FMNP) for the WIC participants began on May 23, 2011, and will end on September 12, 2011. Each of the FMA designated clinics had to participate in a required training in order to dispense the booklets. Jim Koenig, FMNP Program Manager, traveled to each clinic and administered the required training. The training sessions lasted from one to two hours with two training sessions in some clinics. Please see the pictures below from training sessions for 2011. Beyond the training, clinics also received helpful information from FMA to distribute to participants receiving the booklets such as farmer's market posters, brochures about local farmers markets and roadside stands. The brochures listed the hours of operation and current addresses of local farmers markets and roadside stands throughout the state. The State WIC Office provided calendars listing fruits and vegetables grown in Alabama along with their availability dates. The State WIC Office would like to extend our thanks to both the Farmers Market Authority for their support with issuing the nutrition booklets to the WIC participants and to the clinic staff that actually issue the booklets to the WIC participants. This program continues to be a success due to their commitment. If you have any questions about the Farmers Market Nutrition Program, please call Jim at (334) 206-2919, or send an email to Jim.Koenig@adph.state.al.us.

Farmers Market Training Session Pictures



Dallas County

*Front (L to R): Lisa Gayle, Yvonne Davis, Rebecca Stewart
Back (L to R): Jim Koenig, Janice Jones, Monique Tillis, Rachel Todd, and Amy Lighfoot*

Farmers Market Training Session Pictures (cont.)



Madison County

*First Row (L to R): Phyllis Rutledge, Marie Heikkinen, Mary Jane Sloan, Kashere Sims, and Lauren Burruss/
Second Row (L to R): Tenaja Ali, Debbie Ruff, Sheryl Gilbreath, Amy Owens, and Wendy Dixon-Flomand*




Blount County

*Sitting (L to R): Jo weber, Tia Johnson, and Yolanda Davis
Standing (L to R): Anna Johnson, Beckj Taylor, Heidi Marsh, Adriana Espinoza, Carmen Quinones, and Novellee DeWitt*



Morgan County

*Seated (L to R): Lily Degante, Connie Rjards, Donna Underwood, and Paula Holmes
Standing (L to R): Vivian Jones, Wendy Singleton, Tracy Owens, Kisha Franklin, Jessie Harless, Pam Gallbreath, and Shelia Osborn*



Area News

The Alabama WIC Program would like to extend our heartfelt sympathy to each and every employee, participant, and vendor that was affected by the horrific storms that ravaged many of our Alabama counties and towns on April 27, 2011. Please know that our prayers and thoughts are with you as you continue to make your way through these very trying times.

The Alabama WIC Program is very appreciative to the Area and County WIC staff for the efficient and professional manner in which they continue to perform their jobs. We hope that the following information will in some way show how the county, clinic, and area employees of the Alabama WIC Program put forth that extra effort to provide impeccable, caring service to its participants every day. We here at the Central Office can't thank our area, county, and clinic personnel enough for all of their dedication and hard work--especially during this very trying season.



Dianne Lollar, Area Nutrition Director

Marion County

The Marion County WIC staff celebrated National Nutrition Month in March 2011. All of the staff wore T-shirts with the message "Life is Great, Healthy Eating Makes it Better" on them to help promote healthy eating.



Front Row (L to R) Rhonda Nichols, Pam Hollis, and Grace Skinner
Middle Row (L to R) Denise Willingham, Paige Taylor, and Annette Lindley
Back Row (L to R) Susie Frederick, Mary Reid, Martha Southern, and Bobbie Parker

Area 1

Walker County

Walker County welcomes Debbie Cochran and Judy Overton, the new clerical staff working with WIC.



L to R: Debbie Cochran and Judy Overton - Walker County Staff

Franklin County

Blake Stone, M.S., R.D., and Irina Flannagin, R.N., Colbert County staff, manned the WIC table for WIC outreach activities at the Child Development Conference that was held in Franklin County.



L to R: Blake Stone, M.S., R.D. and Irina Flannagin, R.N. - Outreach

Area 1

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic



Shelia Osborn, Area Nutrition Director

Morgan County-- National Nutrition Month

The Morgan County WIC staff got very creative with their National Nutrition Month celebration in March 2011. They had a color-changing cup giveaway, and they also encouraged participants to “Eat Right With Color” by distributing fruit and vegetable coloring sheets to children throughout the entire month. The WIC children had the option to either color the pages during their visit or take them home to complete and then return them to the clinic. All of those who turned in a colored page were given a WIC color-changing cup, and their artwork was displayed in the nutritionist’s office. Four-year-old Ana DeJuan was named outstanding artist by the WIC staff. Her prize was a fruit puzzle toy, and she was given a certificate of achievement for her efforts. Four-year-old Ana DeJuan is all smiles standing in front of her prize-winning artwork. Ana’s picture of a multicolored watermelon was voted best entry during the special nutrition month activity in Morgan County.



Ana DeJuan, Morgan County's Outstanding Artist

Area 2

Marshall County-- Shop With Me, the RD

Marshall County WIC Nutritionist, Casey Partain, R.D. L.D., and Cullman Regional Medical Center's Registered Dietitian, Katie Foust, R.D., L.D., along with other Registered Dietitians and other staff from the Cullman Regional Hospital joined together on March 9, 2011, Registered Dietitian Day, to provide a unique opportunity for shoppers at the Cullman County WalMart. "Shop With Me, The RD", was an event that allowed interested customers to actually have a registered dietitian shop with them and help them choose more nutritious foods for their families. The dietitians' goals were to help with label reading and to potentially widen the horizons for some of them by introducing new foods such as kale, papaya, mangos, barley, whole grain pasta, wild rice, and other items that people might thus far have been leary of trying.

The dietitians also provided recipes and information about safe food handling techniques, as well as information about how to apply for WIC. Incentive items such as WIC cups, bracelets, nail files, and other goodies were a big hit with the crowd.



L to R: Katie Foust, R.D., L.D., and Casey Partain, R.D., L.D., at Cullman County WalMart.

Morgan County's--Scale Back Alabama

The 2011 Morgan County Scale Back Alabama Program was a huge success with sixty people participating, initially. Approximately thirty-seven of them "weighed out" to complete the program. There were also eight participants that met the goal of losing ten pounds in ten weeks. They were Amy Halbrooks, Theresa Tucker, Geneice Crayton, Bart Crabtree, Linda Dobbs, Kisha Franklin, Joy Watkins, and David Wisdom. Congratulations to these dedicated winners!

Three healthy group luncheons were organized at the Morgan County Health Department to help encourage the Scale Back participants. The first of the three Scale Back healthy luncheons had a taco salad theme. Each of the participants brought complete dishes or ingredients for the taco salad luncheon. Some of the ingredients for the taco salad were healthy whole wheat tortillas and lean ground turkey. The nutritional information for each ingredient was displayed, and fresh fruit was a common thread for each of the three meals. The fresh fruit served as both a dessert for the Taco salad meal and part of the main course for the salad and pot luck luncheons that were served at the second and third get-togethers. The third and final pot luck luncheon also included a healthy recipe swap.

Morgan County--Breastfeeding Peer Counselor Program

According to WIC Coordinator Pam Galbreath, R.N., B.S.N., the Breastfeeding Peer Counselor Program in Morgan County continues to grow thanks to Wendy Singleton, LPN, CLC, the Morgan County Peer Counselor Program Coordinator, and the Breastfeeding Peer Counselors --Danielle Franklin and Tracy Vest.

Wendy Singleton began the first Breastfeeding support plan in Area 2 at the Morgan County Health Department in October 2010. Currently, there are more than 400 WIC participants served by the Breastfeeding Peer Counselors, Danielle Franklin and Tracy Vest, who breastfed for a total of 20 months and 21 months, respectively. Both women enjoy providing the assistance and support that is sorely needed--assistance that was not available to them when they were nursing their children. The "Loving Support Through Peer Counseling Program" is now available in Marshall County as well, with three moms helping moms there. The counselors contact mothers-to-be and mothers regularly during pregnancy as well as during the early days of breastfeeding until the mothers chooses to wean their babies. The WIC moms with concerns outside of the Peer Counselor's scope of practice are referred to the appropriate lactation experts or health care professionals.

During the monthly classes, the counselors provide encouragement and general education regarding reasons to breastfeed, getting a good start, maintaining a healthy milk supply, and knowing when to call for help. They also address common obstacles such as embarrassment, working while breastfeeding, and lack of support from family and friends.

Pam Galbreath attributes the success of their program to the dedicated WIC staff, health care professionals, and the community working together to give positive messages and information about breastfeeding.

Area 2



Renee Cole, Area Nutrition Director

Tuscaloosa County

The main Tuscaloosa County Health Department site moved into a new building on Hargrove Road in June 2009. The new building is a much nicer and more spacious facility which makes it more conducive to handling the WIC caseload. The location also enables the WIC staff to serve their patients in a much better environment. The Tuscaloosa County Health Department also recently purchased a new, attractive digital sign to complement their new facility.



The Tuscaloosa County Health Department's new digital sign.

Tuscaloosa County WIC Staff

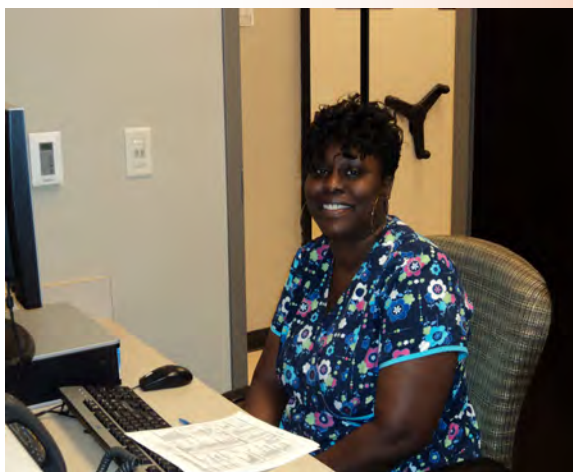
The Tuscaloosa County WIC staff serves an average of 3,700 WIC patients at their main Tuscaloosa site. They also have two other WIC clinic sites in the County--The Tuscaloosa WIC Annex and the Maude L. Whatley Health Center.



L to R: Leeann Wagner, Breastfeeding Coordinator; Gloria Lewis, WIC Coordinator; and Sailaja Reddy.



Two front views of the Main WIC site for Tuscaloosa County Health Department.



Tameka Parker greets WIC patients.

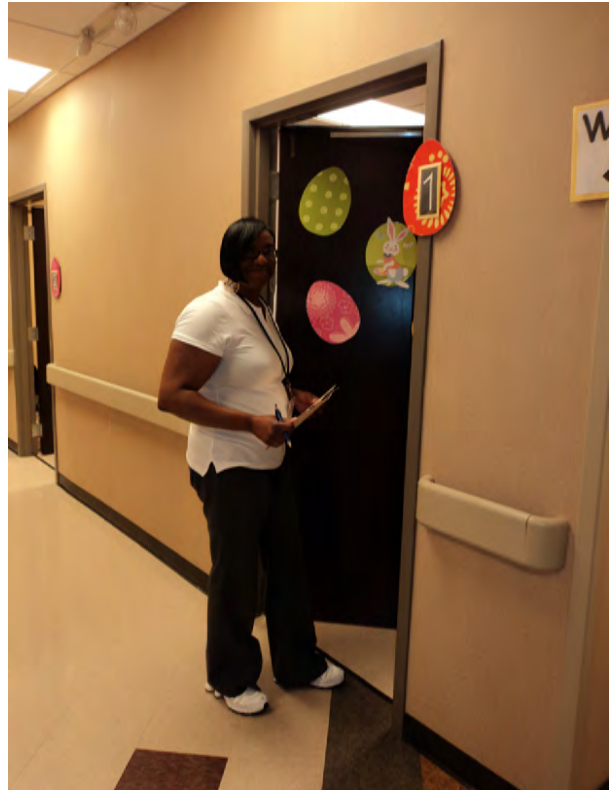
Area 3

Tuscaloosa County WIC Staff (cont.)

Janice Johnson, WIC clerk --not pictured--is also on staff at the Tuscaloosa County Health Department.



Teresa Sheilds, Clinic Aide. She is our seasonal decorator.



Michelle Croom, head WIC Clerk for Tuscaloosa County.



Melnee Johnson completes WIC monthly reports.



Elizabeth Nize, Outreach Coordinator, and Big Al.

Area 3

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic



Jeanne Baker, Area Nutrition Director

Jefferson County

Jefferson County Health Department welcomes new employee, Jan Morris, R.D., to the Jefferson County WIC family.



Jan Morris, R.D. (purple shirt) WIC table for Jefferson County

Jan Morris, R.D., joined the Jefferson County WIC family in May 2011. Jan started with the Jefferson County WIC Program after retiring from many years as a "domestic engineer". She is from Birmingham and her nutritional background has been mostly clinical. When re-entering the Nutrition field, she had a desire to apply her knowledge in an area that would be more community centered. She is currently working part-time at Morris Health Center, and once she has been thoroughly trained, she will provide coverage at all of the health centers as needed. We are very happy that she has joined our WIC family!

Area 4

Jeanne Baker, R.D., L.D., Area Nutrition Director, represented the Jefferson County Health Department WIC on Saturday, June 11, 2011, at the Child Care Services Foundation Health Fair and Walk-a-thon. The children enjoyed drawing and coloring fruits and vegetables on an old roll of printer paper that the staff frequently takes with them to health fairs for the children. The mission of Child Care Service Foundation is to provide inner city low income at risk childcare and daycare workers with effective early educational and instructional techniques for the children they serve.



Jeanne Baker, R.D., L.D., Area Nutrition Coordinator at Child Care Services Foundation Health Fair and Walk-a-thon



Jeanne Baker, R.D., L.D., Area Nutrition Coordinator at Child Care Services Foundation Health Fair and Walk-a-thon

Area 4

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic



Reba Brannan, Area Nutrition Director

Etowah County

The Etowah County Nutrition Month coloring contest winner was three year old Angel Blackwell who is a current WIC participant. Our very happy, new, and aspiring artist was featured on the WIC bulletin board in the Etowah County Health Department lobby for the month of April 2011.



WIC participant Angela Blackwell

Area 5

The Etowah County Peer Counselors hosted their 1st Annual WIC Baby Shower, February 16, 2011, in the Bonnie Jordan Community Room of the Etowah County Health Department. Thirty plus participants, along with their spouses and children, attended the shower. The Peer Counselors played shower games such as Breastfeeding Bingo and the Breastfeeding Question and Answer game. The grand door prize was a car seat. The Peer Counselors worked very hard and solicited food and gifts from the local grocery stores and businesses. The WIC Baby Shower ended on a very positive, high note. The participants commented that they really enjoyed the shower and felt very encouraged and much more positive about breastfeeding their babies after attending the shower.



L to R: Peer Counselors Patierra Knight, Amanda Stephens, and Nancy LaVoy at Annual WIC Baby Shower

Etowah County Baby Shower (cont.)

Hats off to the Peer Counselors: Nancy LaVoy, Amanda Stephens, and Patterria Knight for a job well done!



Gifts donated by local businesses



Participants playing Breastfeeding Bingo



Winners of the Breastfeeding door prizes



WIC participant Diana Stevenson and daughter Amanda at Baby Shower

St. Clair County

The St. Clair County Health Department Ashville site have completed the renovations and was re-opened on March 17, 2011. The St. Clair/Ashville site is open on Thursdays only. We appreciate the State WIC Office for getting the funding for this project. Jennifer Bice, WIC Coordinator, and Rebecca Taylor, ASA 2, are very excited to welcome participants to our beautiful building.



St. Clair County Ashville site's new WIC Reception Area



L to R: Jennifer Bice, WIC Coordinator, and Rebecca Taylor, ASA 2

Shelby County

Toni Beasley and Wanda McCrimon represented Shelby County WIC at the South Shelby County Community Health Fair in Chelsea, Alabama on April 9, 2011. Income guidelines and WIC magnets were distributed along with other health department information.



L to R: Toni Beasley and Wanda McCrimon

Area 5

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic



Cindy Templeton, Area Nutrition Director

Clay County

The Clay County Health Department hosted the Area 6 Nutrition Staff meeting in April 2011. Mandy Darlington, WIC VENA Coordinator, was on hand to present the VENA refresher training information.



*Front Row (L to R): Jenny Adams, Yolonda James, Jenny Knox, Anna Keith, and Blair Sims
Back Row (L to R): Cathryn Bates, Mandy Darlington, WIC Vena Coordinator, Becky Dawson, Jana Bryant, Candy Harkins, and Karla Chastain*

Area 6

Chambers County

A baby shower, in conjunction with lunch, was given for Karla Chastain, R.D., of Chambers County. Karla is expecting her first child in July 2011. She was showered with a variety of books for Baby Boy Chastain. Congratulations to the Chastain household on their new family member!!



L to R: Seated Mom-to-Be Karla Chastain and Jenny Knox

Area 6

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic



Denise Pope, Area Nutrition Director

Area 7

Spring 2011 has been a very busy season for Area 7 due to its various outreach activities. Spring is the season that begins our health fairs and farmers market distributions. It is also that time of the year for Area 7 to get prepared for enrollment activities with the various Head Start programs. Another main focus for this Spring season has been to partner with the County Department of Human Resources (DHR) offices to promote the new WIC Income Guidelines. The Department of Human Resources (DHR) has been a great source of support for the WIC program in Area 7. The DHR staff is always very interested in and eager to learn of the various WIC functions and activities in the counties.

Choctaw County

The Gilberttown satellite clinic in Choctaw County has been opened for three months as of June 2011. A big thank you to the *Sun-Advocate* in Gilberttown for allowing us to advertise both the main Choctaw County Health Department WIC clinic and the satellite clinic openings in Gilberttown. The Franklin Primary Medical, Dental and Eye Clinic in Gilberttown is where the Gilberttown satellite clinic is located and where the Choctaw County Health Department WIC serves WIC participants the second Tuesday of every month.



Franklin Primary Medical, Dental and Eye Clinic / WIC Satellite Clinic on 2nd Tuesday of every month.

Dallas County

It's that time of year again! Dallas County began its Farmers Market participation on June 1, 2011. Two thousand and eleven has been a year of change for Dallas County. Approximately, one year has passed since Dallas County extended its WIC clinic hours for the WIC working families. It has been very successful and is beneficial for both the WIC staff and the WIC participants. This extension in the WIC clinic hours has enabled the nutritionists to see patients as late as 6:20 pm. They are not only staying open later on Mondays, but they are also remaining open during the daily lunch hour to make it more convenient for working families. Dallas County has also created a new WIC registration area in the lobby of the Dallas County Health Department to further expedite the administration of WIC services as well as to accommodate the WIC participants.



New WIC Registration Area in Dallas County Health Department

Area 7

Hale County

Happy one year anniversary to the Moundville satellite clinic in Hale County! They are open one day per month and serve an average of twenty-five participants each month. With the permission of the Moundville United Methodist Church, the Moundville satellite clinic hours were recently extended in order to accommodate residents in northern Hale County (the storm affected area) in the event that there were participants that might require WIC services and/or just to be available for other potential WIC participants.

Lowndes County

What a difference Peer Counselors can make in a county! There are no official numbers in yet, but the Lowndes County Health Department has issued more breast pumps during April and May 2011, than they have done in an entire year, previously. Way to go Lowndes County! We look forward to seeing what the breastfeeding rates are in the next few months.

Ritha Luckie, Clinic Aide, attended the Head Start "Fun Day" in Lowndes County. The Lowndes County WIC staff also attended Dallas County's Head Start "May Day" to promote WIC.



Ritha Luckie, Clinic Aide at Lowndes County Head Start "Fun Day"

Wilcox County

Congratulations to Shanna Huggins and family! The Wilcox County Health Department is happy to announce a new addition to the Huggins family. Shanna Huggins, R.N., and her husband welcomed a new addition, Kendall Ann Huggins, to their family on April 19, 2011.

Marengo County

Congratulations to the Demopolis satellite clinic in Marengo County! The Marengo County Demopolis Satellite Clinic is open one day per week on Wednesdays. The clinic has been open for only seven months and has added fifty new participants. Great job!



L to R: Tina Parker, N.A., and Judy Williams, ASA 2 at Demopolis Clinic site

Perry County

A big thank you to WJUS radio station in Perry County! They invited both WIC and ALLKids to represent their respective programs on a live radio talk show. We were very excited about this opportunity because through this local radio station, we were able to reach out to the entire community and answer questions that might not have been answered otherwise. Also, this opportunity may have served to clarify some things and preclude the hindering of several potential WIC participants.

Area 7

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic



Alisa Champion, Area Nutrition Director

Autauga County

Amy Cleckler, Outreach Coordinator, partnered with Angela Daniels, ALLKIDS, to share a booth at the Prattville City Fest on April 13, 2011, and on May 7, 2011. Amy also represented WIC at the Elmore/Autauga Community Action Committee and at the Head Start/ Early Head Start Health Advisory Committee meeting where she distributed WIC brochures to all in attendance.



L to R: Angela Daniels, ALLKIDS and Amy Cleckler, Outreach Coordinator

Chilton County

Amy Cleckler, Outreach Coordinator, took the WIC information brochures to the Steps Ahead Program Office and Care Net (Pregnancy Resource Center) in Clanton on March 23, 2011, for the staff to distribute to the participants and families that they serve.

Elmore County

Amy Cleckler attended the Elmore County Parents as Leaders (P. A. L. S.) Project Organizational meeting on March 24, 2011, at the Elmore County Extension Office. WIC brochures were given to those in attendance which included parents and professionals from other agencies to inform them about the WIC Program in Elmore County.

The purpose of this meeting was to discuss the idea behind the P. A. L. S. project and to get some input on the steps they can take to promote healthy activities and stronger relationships between parents and their children. Amy attended the First Annual Community Awareness Rally at Gold Star Park in Wetumpka, Alabama on March 26, 2011. The mission of the First Annual Awareness Rally was to establish partnerships and bring awareness to the community about Elmore/Autauga Community Action Committee Head Start/Early Head Start Program. WIC information brochures were distributed.

Amy also set up a WIC booth to distribute WIC information at the Riverfest in Wetumpka, Alabama on April 16, 2011, where WIC brochures were displayed and given along with promotional items such as pens, clips, bracelets, stickers, and coloring sheets. Information on smart snacking and information on the "Fresh Fruit and Vegetable More Matters Campaign" were handed out as well. All current WIC participants were encouraged to use their cash value vouchers to purchase fresh fruits and vegetables.

Amy Cleckler and Alisa Champion, Area Nutrition Director, exhibited a booth with WIC information for Government Day at the Elmore County Courthouse in Wetumpka, Alabama on April 21, 2011. Government Day is held annually for all surrounding high school students. WIC brochures were available along with promotional items such as ink pens, hand soaps, tissues, and business cards. Food models, fat models, and sugar and fat test tubes were displayed along with the "Fruit and Vegetable More Matters Campaign" materials.

Lee County

Jessica Shelton, Outreach Coordinator, attended the Child Policy Counsel on Health meeting on January 13, 2011, and participated in the planning of a health fair to provide health tests and nutritional information to parents and children.

Lee County (cont.)

Jessica visited each of the WIC vendors in Lee County on January 27, 2011. She provided copies of the vendor newsletter as well as food brochures. At each location, she spoke with the customer service representative and answered questions about WIC. She also discussed any reoccurring problems with cashing food instruments. She left the clinic contact information with the vendors in the event that they might have any additional questions or if any problems might occur in the future. Jessica attended the Child Policy Counsel subcommittee meetings on February 1 and February 17, 2011, where she made arrangements to host the health fairs at the Boykin Center in Auburn on April 2, 2011, and at the Covington Recreation Center in Opelika on April 9, 2011.

Macon County

Tracey Mindingall, Macon County Outreach Coordinator, attended the Macon County Jobs Task Force meeting at the Department of Human Resources in Tuskegee, Alabama on January 19, 2011. This meeting focused on individuals that currently receive TANF, SNAP or Medicaid and are currently unemployed. A presentation was given by Doris Kindell, Team Supervisor, for the Alabama Career Center System located in Opelika. Tracey attended the Tuskegee/Macon County Headstart Advisory Committee meeting at the central office in Tuskegee, Alabama on January 25, 2011. This meeting focused on health advisory goals for children currently enrolled in Headstart. Also, an idea to sponsor a health fair was initiated; however, plans for the health fair are still in progress.

Tracey attended the Home Instructions for Parents of Pre-school Youngsters (HIPPY) Advisory Council meeting at George Washington Carver Elementary School in Tuskegee, Alabama on February 24, 2011. The HIPPY program focuses on parents of three, four, and five year olds and provides in-home visits to the parents once a week. Presentations were given by several Advisory Council members. The keynote presenter for this meeting was the HIPPY Executive Director for Alabama, Joanne Shum.

Montgomery County

The Montgomery County WIC staff conducted outreach at Fortis College on January 7, 2011, educating the college health services on the benefits and eligibility requirements of WIC. Outreach material were provided, such as WIC brochures, pens, and business cards.

LaCarsha Witherspoon, Outreach Coordinator for Montgomery County, met with the director and the teachers of "U Turn 2 Us Childcare" concerning the WIC eligibility of children under the age of five. WIC materials were distributed such as WIC brochures, WIC pens, and WIC business cards.

LaCarsha visited local vendors to meet with store managers

and lead associates to help encourage them to promote a positive message to WIC participants regarding using the cash value voucher for purchasing fresh fruits and vegetables on January 7 & 14, 2011, February 24, 2011, and March 2, 2011. WIC outreach staff also attended the "Let's Move Montgomery" health fair at the Alabama State University Acadome on January 15, 2011. WIC outreach materials were provided as well as information on healthy eating and physical activity to the public.

WIC outreach was conducted at Medical Outreach Ministries Family Health Center on January 24, 2011 where WIC information was shared with directors and daycare supervisors. LaCarsha attended "Sensational Saturday" a training seminar for child care center directors, teachers, and family childcare providers on February 12, 2011. A presentation on how to obtain WIC benefits, healthy eating, and physical activity was given to all of those in attendance.

LaCarsha made a presentation on February 24, 2011, to the director and teachers of the Woodley Road Head Start Century 2000 Daycare, Community Action, Alabama Youth Homes/Kings Ranch, Montgomery Aids Outreach, Governor's Square Branch Library. Outreach material were given to all in attendance.

She conducted WIC outreach for Montgomery's S.T.E.P. Program, Montgomery Aids Outreach, Community Ministries Care Center, Montgomery Community Head Start, My Little Scholars Christian Academy, Tender Care, Eastern Oak Development Center, Head Start Woodley Road, and St. Jude Head Start on March 23, 2011.

WIC outreach was provided on March 27, 2011, at a health fair at Evangel Temple Church, Montgomery, Alabama.

Russell County

Jessica Shelton, Outreach Coordinator, provided WIC outreach information to the local pediatrician and Obstetrics and Gynecology (OB/GYN) offices in the Phenix City, AL/ Columbus, GA area on January 21, 2011. This information consisted of material such as food brochures, income guidelines, posters, and pens.

Jessica Shelton visited each of the WIC vendors in Russell County on January 28, 2011. She provided copies of the vendor newsletter as well as food brochures. She spoke with the customer service representatives at each location and answered questions from WIC Vendors. She also also provided them with the health department's contact information in case there were any additional questions/problems that might arise in the future.

She also visited the local high schools and child care facilities to provided WIC outreach brochures to each facility n February 28, 2011.



Recognition of Area 8 Clerical Staff

Please join the Area 8 County Health Departments in recognizing their WIC clerical staff. We featured Autauga, Chilton, Elmore, and Montgomery counties in this issue (Spring 2011) and will feature Bullock, Macon, Lee, and Russell counties in the Summer 2011 issue of the WIC Newsletter. As stated by Alisa Champion, Area Nutrition Director, "The clerical staff have what can sometimes be defined as the most difficult positions in the clinic as they, most often, have the initial day to day contact with each of the patients as well as, sometimes, spending the greatest amount of time with the participants. Yet at the same time, their jobs can be described as the most rewarding because it enables them to be a part of getting formula to hungry babies and nutritious foods to qualified women and children in each of our Area 8 WIC clinics. Thank you Area 8 WIC clerical staff for all you do!"

Autauga County Clerical Staff



L to R: Lynn Pollard, Sheila Varnadore, Claudia Baugh, and Phyllis Grant

Montgomery County Clerical Staff



L to R: Wanda Benjamin, Debra Capistran, Gwen Ankum, Linda Moss, and Shemika Edwards

Chilton County Clerical Staff



L to R: Liz Jones, Ethel Lowery, and Christy Killingsworth

Elmore County Clerical Staff



L to R: Wendy Coleman, Erika Scott, and Kandy Hall

Area 8

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Nancy Johnson, Area Nutrition Director

Area 9

Public Health Area 9 has a new Area Administrator as of February 1, 2011. Ricky Elliott, MPH, assumed the role after Ruth Underwood's retirement. Mr. Elliott previously served as the Assistant Area Administrator for Clarke, Conecuh, Escambia, and Monroe Counties. Welcome aboard!

Area 9 continues to promote WIC with outreach to local churches, charitable organizations, Gift of Life, physicians, hospitals, pregnancy centers, career centers, Community Action Agencies, Medicaid Program, and food pantries. Area 9 WIC staff has partnered with the Area Immunization Staff to distribute WIC income guideline flyers when completing preschool immunization audits.

Washington County

Mary Alice Everett, the WIC clerk in Washington County, retired on June 1, 2011, after nineteen years of Public Health service. In 2005, Mrs. Everett received the Diana Segars Clerical Excellence Award. She will be greatly missed, but we wish her the very best in her retirement.



L to R: Margaret Parnell, RN, Mary Alice Everett, ASA 99, and Ricky Elliott, Area 9 Administrator

Escambia County

The WIC garden at the Escambia County Health Department in Brewton continues to grow. Phyllis Redmon, Nutrition Associate, with the help of the WIC children are growing tomatoes, squash, green beans, okra, cucumbers, hot peppers, collards, herbs, watermelons, and eggplants. The children visit the garden during the SNE class time to learn about eating fresh vegetables. For the Fall of 2011, Mrs. Redmon plans to plant a pear tree and an apple tree in addition to the garden.



Escambia County/Brewton WIC garden planted by Phyllis Redmon, NA, with the WIC children



Escambia County/Brewton WIC garden planted by Phyllis Redmon, NA, with the WIC children

Area 9

Escambia County (cont.)

Thanks to the additional WIC funds last year, Escambia County Health Department in Atmore purchased a new sliding comprehensive Health Record (CHR) filing system. This new filing system is providing improved efficiency for the clerical staff to easily access the Comprehensive Health Records (CHRs), and it has provided new/additional office space for the nutrition staff.

Avis Whitworth, R.N., and Lori Nesmith, N.A., have been busy setting up the new/additional office space at the Escambia County Health Department in Atmore.



L to R: Avis Whitworth, R.N., and Lori Nesmith, N.A., at Escambia County Health Department - Atmore

Poarch Creek Indians WIC Program

The Poarch Creek Indians WIC Program recently held a kids health fair in conjunction with their annual tribal elections. The health fair had a Luau theme with games, face painting, and prizes. The highlight of the health fair was a cooking demonstration by Wind Creek Casino Chef, Johnnie, using the WIC Sesame Street cookbook. The chef made fruit kabobs, cut out peanut butter and jelly sandwiches, and fruit juice punch. The WIC table featured information about fruits and vegetables and gave brown rice recipes, WIC pens, cups, and children gardening kits. Heights, weights, Body Mass Index (BMIs), and blood sugar testing were also offered during the health fair.



L to R: Shelly Chavira, WIC Clerk, and Jill Lee, WIC Coordinator, Poarch Creek Indians



Two views: Poarch Creek Indians WIC Table featuring fruits and vegetables

Area 9

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic

A circular portrait of Debbie Curran, a woman with short blonde hair, wearing glasses and a purple top. She is smiling and looking directly at the camera. The background is a plain, light-colored wall.

Debbie Curran, Area Nutrition Director

Area 10

The retirement of three area staff members will be a loss of ninety years of experience for Area 10. The retirees are Assistant Area Administrator Ron Wheeler with thirty-eight years, Nursing Director Eileen Rogers with thirty years, and Clerical Director Cynthia Jewell with twenty-two years of experience. Area 10 wishes each of them the very best !!!

Area 10 WIC welcomes the following new staff : Barbour County - Juanita Jackson, ASA II; Crenshaw County - Crystal Slawson, ASA I I; Coffee County - Lindsay Kirk, Contract R.N.; and Dale County - Virginia Sexton, R.N.

Mandy Darlington, WIC VENA Coordinator, recently administered VENA training for all of the Area 10 providers. The staff expressed their appreciation after the training and said that the training provided by Mandy was the best. We, Area 10, will continue to work on the VENA approach.

Corey Kirkland now serves as Administrator for Henry, Dale, Barbour and Pike Counties. Corey previously worked in WIC outreach and was in charge of the WIC renovations at Henry and Houston counties.

Pike County

Willie Mae Neal was honored with a retirement party on May 6, 2011. She has worked with the Pike County Health Department for the past thirty-five years. Willie Mae was involved with helping to implement and establish the WIC program in Pike County. She has been a great asset to the Pike County Health Department. She will be greatly missed by all the staff and clients she has served over the years. We wish Willie Mae the best!

Corey Kirkland, Pike County Administrator presented a proclamation from Dr. Williamson to Willie Mae Neal for her thirty-five years of service.



L to R: Corey Kirkland, Pike County Administrator and retiree Willie Mae Neal

Pike County

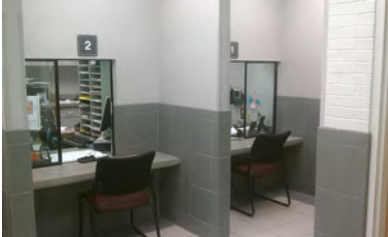
Pike County Health Department welcomes Amy Gladwell on board as a Breastfeeding Peer Counselor.



Amy Gladwell, Pike County Breastfeeding Peer Counselor

Houston County

Houston County WIC staff expresses their appreciation for the funds to complete their recent renovations. The main waiting room, and the patient in-take areas received a major renovation, and a new storage area was added.



Before and after picture of patient intake area



Seated L to R: Betty Thomas, Clinic Aide, Carol Ann Correll, WIC Clerk, Penny Graddy, Nutrition Associate. Standing L to R: Annette Doyle, WIC Clerk, Bertie Welch, RN, Connie Darby, WIC Clerk, Miranda Williams, WIC Clerk, and Karen Campbell, RD



Before and after picture of patient waiting area

Henry County

On April 6, 2011, the Headland site of Henry County Health Department reopened thanks to funds that were available for renovations. The staff working in the clinic are Miranda Williams, Clerk, and Amber Espy, R.N. The clinic is open on Wednesday and Fridays for WIC services and immunizations only at this time. WIC participants have expressed their appreciation for the clinic's reopening because they do not like having to travel for WIC services. Hopefully, the caseload will grow and more WIC days and possibly other services will be made available.



L to R: Miranda Williams and Amber Espy at reopened Headland Clinic

Area 10

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic

Dale County

On April 26, 2011, two employees were honored for their years of service during the Dale County Health Department monthly staff meeting. Marie Blankenship, ASA II, was presented a pin for twenty years of service. Marie currently works in Dale County, but she has also worked at the Houston County Health Department. Pam Newman, Nutrition Associate, was presented with a thirty year service pin. Pam is currently working at the Dale County Health Department but has worked in numerous other Area 10 clinics such as Barbour, Henry, Coffee, Pike and Houston during her many years with the State of Alabama.



Marie Blankenship, ASA II, presented with a 20 year service pin.



Pam Newman, Nutrition Associate, presented with a 30 year service pin.

Geneva County

On March 14, 2011, Geneva County held their open house for their new health department. Ann Miller, WIC floater clerk, created a WIC display and a bulletin board for the subwaiting room. The display emphasized some of the WIC approved foods such as the fresh fruits and vegetables and the bulletin board emphasized the WIC nutrition education plan posters which also encouraged eating fruits and vegetables.



Beautiful WIC display in Geneva County's sub waiting room



Bulletin Board in Geneva County's sub waiting room

Janet Wise retired after thirty-four years of service with the Alabama Department of Public Health. Janet Wise began her career with the Alabama Department of Public Health on September 23, 1976, working as a nurse at Geneva County Health Department. Janet's public health career included working five years in the Hypertension Program clinic at Coffee County and then returning to Geneva County to complete her thirty-four year career as a clinic nurse. Janet will always be remembered for her bulletin boards displaying all of the children that she has provided WIC and immunization services to during her many years of dedicated service. Area 10 wishes Janet the best !!!



Janet Wise (seated) being presented a certificate from a representative for Senator Harri Anne Smith for her 34 years of service with the State of Alabama..

Area 10

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic



Elizabeth Smith, Area Nutrition Director

Mobile County

Area 11 welcomes Joel W. Tate, M.B.A., F.A.C.H.E., as the Director of Program Services for Mobile County. He brings twenty-eight years of hospital administration experience to the Mobile County Health Department.



Joel W. Tate, M.B.A., F.A.C.H.E., Director of Program Services for Mobile County

Due to the recent hiring of three new Breastfeeding Peer Counselors, the Mobile Keeler WIC clinic now has a total of four Peer Counselors. The three new Peer Counselors are Amy DeHaart, Andrea Portis and Cheryl Martin who are pictured below, along with the Breastfeeding Peer Counselor Coordinator, Meredith Gardner. The fourth Peer Counselor, Margaret Miller is not pictured. Mobile County is very excited about the ongoing efforts to share more breastfeeding education in the communities. Studies have shown that every clinic with Peer Counselors has reported a significant increase in their overall breastfeeding rates. The new Peer Counselors remain very enthusiastic about their positions, and they are especially excited about being able to share their breastfeeding experiences with other WIC mothers.



*First row (L to R)- Amy DeHaart and Andrea Portis
Second row (L to R)- Cheryl Martin and Meredith Gardner (Nutrition Associate and Peer Counselor Coordinator)*

Mobile County Women/Teen Center

The newly renovated Women and Teen Center WIC Clinic opened in March 2011. Staff and participants are enjoying the new waiting and in-take areas of the Mobile County Health Department. The staff is excited about having more space to accommodate the growing caseload. The clinic is currently serving a caseload of 2,500. The renovations have allowed the participants to have more privacy, and the clinics to increase efficiency and flow.



The Waiting and In-Take Area of the Women/Teen Center

Mobile County Outreach

Rachel Myers, Mobile County WIC Outreach Coordinator, attended career day at St. Ignatius School on May 12, 2011. The students enjoyed learning about the role of a Public Health Dietitian. In addition, Rachel attended a community outreach event for single mothers at Christ United Methodist Church.



Rachel Myers, WIC Outreach Coordinator, at St. Ignatius School

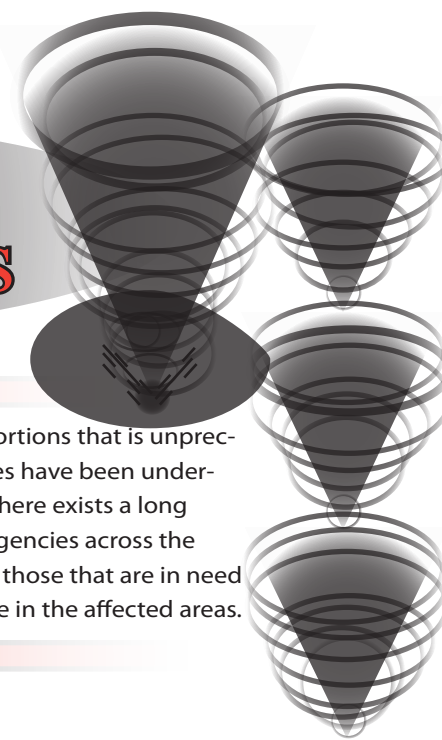


Rachel Myers, WIC Outreach Coordinator, at Christ United Methodist Church

Area 11

WIC Toll-Free Telephone Number: 1-888-942-4673 / WIC website: www.adph.org/wic

Area and County WIC TORNADO News



Northern Alabama and sections of West and Central Alabama suffered destruction of massive proportions that is unprecedented for our state on April 27, 2011. Extensive outreach efforts by state and community agencies have been underway since the devastating storms marred our northern counties beyond recognition. Fortunately, there exists a long standing partnership and camaraderie between the Alabama State WIC Program and community agencies across the state. As always, our County and Area WIC staff were ready and willing to go that extra mile to help those that are in need of assistance. We have highlighted some of the efforts by our WIC clinics to help in any way possible in the affected areas.

Area 1 - D-SNAP News

The staff in Area 1 have been working diligently in the community and office to assist those affected by the April 27, 2011, tornadoes.

Many WIC participants had damaged food instruments replaced and all of the Area 1 counties provided WIC certification to the participants that were eligible for D-SNAP benefits. In the community, several staff have even shared their homes with some of those who lost everything. They also assisted in the replacement of an elderly couple's roof; provided food for volunteers working with cleanup activities; assisted storm victims with FEMA applications; and donated food, clothing, school supplies and money to agencies assisting those in need. The WIC staff continue to work and continue to volunteer on the weekends and evening hours to help communities recover from the damage.

Marion County

Paige Taylor, R.N., WIC Coordinator and Susie Frederick, Office Manager, represented the Marion County Health Department at the D-SNAP event in Hamilton.



L to R: Paige Taylor, RN, WIC Coordinator and Susie Frederick, Office Manager

Area 2 - D-SNAP News

Marshall County--D-SNAP Workers

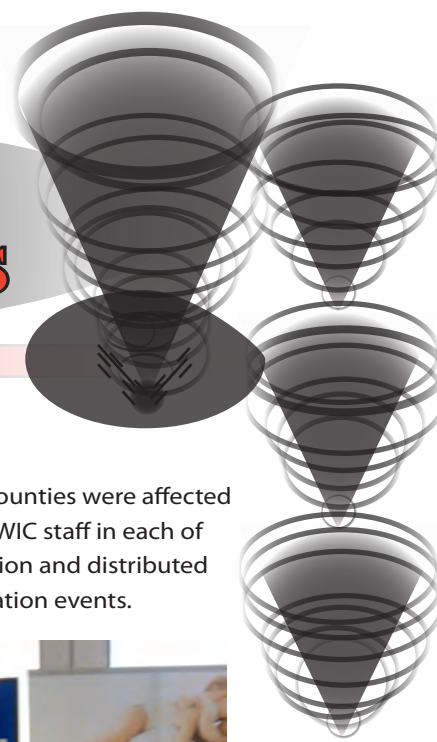
Casey Partain, R.D., L.D., Marshall County WIC Nutritionist, and Marta Juarez, WIC Clerk, set up and manned a WIC table at the Albertville Recreation Center in May 2011. Several Area 2 WIC personnel were available to represent WIC during the Department of Human Resources efforts to sign up disaster victims for food stamps. The tornado victims who received the food stamp EBT cards were automatically income eligible for WIC.



Seated (L to R): Casey Partain, WIC Coordinator and Marta Juarez, WIC Clerk

Rhonda Abbott, R.N. represented WIC with the Cullman D-SNAP Program after the tornadoes of April 27, 2011. In the first four days at the D-SNAP, she was able to offer information and schedule approximately 243 WIC appointments to families that were adversely affected by the very destructive storms.

Area and County WIC TORNADO News



Area 4 - D-SNAP News

Jan Miller, R.D., L.D., of Jefferson County WIC was on hand at the D-SNAP event that was held outside of the Boutwell Auditorium in Birmingham, Alabama in April 2011.



Jan Morris, R.D., (purple shirt) at the WIC table for Jefferson County

Jeanne Baker, R.D., L.D., Area 4 Nutrition Director and Natalie Clements, Senior Nutrition Consultant (Morris Health Center) also represented WIC at the D-SNAP event in Birmingham in April 2011.



L to R: Jeanne Baker, R.D., L.D., Area 4 Nutrition Director, and Natalie Clements, Senior Nutrition Consultant (Morris Health Center)

Area 6 - D-SNAP News

Calhoun, Chambers, and Tallapoosa Counties were affected by the April 27, 2011, tornadoes. The WIC staff in each of these counties provided WIC information and distributed WIC flyers at the local D-SNAP registration events.



Calhoun County display at Local D-SNAP Registration.

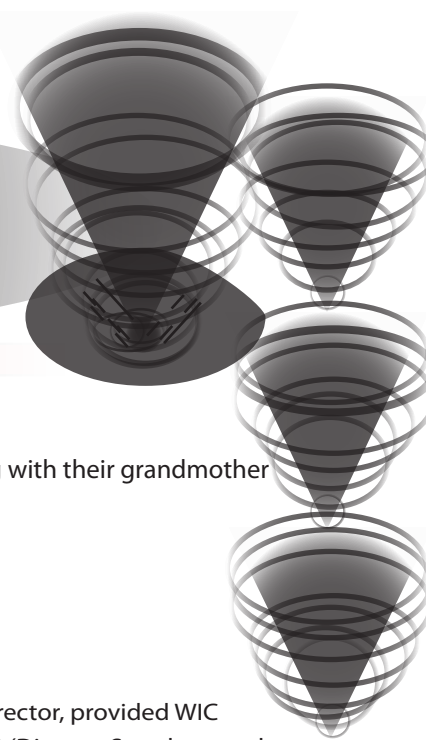


Tallapoosa County display at Local D-SNAP Registration.

Area 7 - D-SNAP News

In Area 7, two counties, Sumter and Hale, were adversely affected by the tornadoes of April 27, 2011--a day that the state of Alabama will never forget.

Area and County WIC TORNADO News



Area 7 - D-SNAP News (cont.)

Marengo County

Denise Pope, Area Nutrition Director, partnered with Diane Abernathy, ALL Kids Coordinator, and Medicaid to promote WIC at the DHR D-SNAP registration in Marengo County. Area 7 staff attended the D-SNAP events in Perry County and Sumter County as well, to promote WIC.



L to R: Denise Pope, Area 7 Area Nutrition Director and Diane Abernathy, ALL Kids Coordinator

Sumter County

Geiger, a town in Sumter County, was hit hard by the tornadoes. The town suffered a lot of damage, but we were lucky that no WIC participants were adversely affected.

Hale County

As for Hale County, they dealt with tragedy first hand. The Health Department closed at 1:45 pm and their last WIC participants (a mom, a nine month old infant, and a five week premature infant) were sent on their way home to shelter from the storm. Unfortunately, the participants' home was destroyed and the mother's life was lost. Both the nine month old and five week old were injured, but

survived. The infants are now living with their grandmother and are doing well.

Area 8 - D-SNAP News

Elmore County

Alisa Champion, Area 8 Nutrition Director, provided WIC outreach information at the D-SNAP (Disaster Supplemental Nutrition Assistance Program) event in Elmore County on May 18-20, 2011. WIC outreach forms were provided with the Elmore County Health Department contact number as well as ALL Kids information and applications for all participants applying for D-SNAP. Many of the participants were very receptive. Over 1,493 D-SNAP applications were completed in the three day event. In addition to providing outreach information to participants, WIC information was provided to the fifty-eight DHR social workers from other counties throughout the state. The Alabama map listing all the counties, their contact numbers and the corresponding Area Nutrition Directors was also given to each DHR social worker. This was provided as a communication mechanism for outreach with all WIC clinics in Alabama. Other agencies such as FEMA, Red Cross and church/community service organizations were available providing handouts, supplies and/or support as well.

Amy Cleckler, Outreach Coordinator, represented the Autauga County Health Department WIC Program at the D-SNAP event at the Prattmont Baptist Church on May 26-28, 2011. WIC brochures were distributed to those families that would qualify for the WIC Program. The total number of people served were 2,523 at this site. Amy also represented Chilton County Health Department WIC Program at the D-SNAP site located at the Ivan F. Smith National Guard Armory for those affected by the recent tornadoes in Chilton County. A total of 1,108 people were served.

Area 9 - D-SNAP News

Due to the recent tornadoes in Clarke, Monroe, and Washington Counties, D-SNAP sites were opened in Chatom, Monroeville, and Grove Hill. Local WIC staff visited the D-SNAP sites and provided WIC eligibility information for the families affected by the storms.

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WIC TIPS

Featuring Spring Fruit and Vegetable Recipes



STRAWBERRIES



Recipe for Boat Loads of Fruit

From the Cool Fuel Cookbook for Kids

This is one of our own Fruits & Veggies—More Matters® recipes. It meets the Centers for Disease Control and Prevention’s strict nutrition guidelines as a healthy recipe.

Category: Salads

Think Variety; Think Color
Preparation time: 15 Minutes

Serves: 2

Cups of Fruits and Vegetables per Serving: ½

Ingredients:

- ¾ cup fresh strawberries
- ½ cup mixed fresh fruit, (pictured with Granny Smith apples with peel, bananas, red grapes, and pears, approximately 2 tablespoons of each, but be creative and use any fresh fruit combination you like)
- 2 tablespoons whipped cream
- waffle bowls, (optional)

Preparation:

Place the strawberries in a blender and blend until smooth. In a medium sized bowl gently stir together the cut-up assorted fruit. Spoon into small bowls. Drizzle with the pureed strawberries. Top each with 1 tablespoon of whipped cream. Waffle bowls can be used as a fun option.

Each serving provides: An excellent source of vitamin C.

Nutritional Information per Serving

Calories: 52	Carbohydrates: 11g
Total Fat: 1.1g	Cholesterol: 3mg
Saturated Fat: 0.6g	Dietary Fiber: 2g
% of Calories from Fat: 17%	Sodium: 6mg
Protein: 1g	

How to Select

Choose shiny, firm strawberries with a bright red color. Caps should be fresh, green and intact. Avoid shriveled, mushy or leaky berries.

How to Store

Do not wash strawberries until ready to eat. Store in refrigerator for 1-3 days.

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; high in vitamin C; high in folate.

Credit:

Recipe is courtesy of Produce for Better Health Foundation and Shoney’s, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.





WIC TIPS

Featuring Spring Fruit and Vegetable Recipes



SPINACH



Recipe for Spinach/Vegetable Frittata

Color, variety, great taste and good nutrition are all combined in this sure to please breakfast entrée!

This is one of our own Fruits & Veggies—More Matters® recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Main Dishes

Think Variety; Think Color:
Preparation time: 15 minutes

Serves: 2

Cups of Fruits and Vegetables per Serving: ½

Ingredients:

- 1 teaspoon canola oil
- 1 clove garlic, crushed
- ¼ cup onion, chopped
- ½ cup spinach, chopped
- ¼ cup mushrooms, chopped
- ¾ cup broccoli, chopped
- 4 egg whites
- 1/8 teaspoon salt
- 2 tablespoons shredded cheddar cheese (may also use Parmesan or Monterey Jack)
- pepper to taste

Preparation:

Heat oil in a small, non-stick, oven-proof skillet over MEDIUM-HIGH heat. Turn oven on to Broil. Saute garlic and onion in skillet for 1 minute. Add remaining vegetables, except spinach. Stir to coat with oil, cover, and reduce heat. Let vegetables cook over MEDIUM heat until slightly tender. Meanwhile, whisk egg whites, add salt and pepper, if desired. Add spinach to skillet and pour egg whites over vegetables. Cook until egg whites are firm, but the top of the mixture is still slightly uncooked. Sprinkle cheese over the top and place the skillet under broiler until egg whites are cooked through and cheese is melted (about 2-3 minutes). Serve.

Each serving provides: An excellent source of vitamins A and C and a good source of folate.

How to Select

Choose fresh, crisp, green bunches with no evidence of insect damage.

How to Store

Loosely wrap spinach in damp paper towel. Refrigerate in plastic bag for use within 3-5 days.

Nutrition Benefits

Fat free; saturated fat free; cholesterol free; low calorie; high in dietary fiber; excellent source of fiber; high in vitamin A; high in vitamin C; high in iron, high in folate; good source of magnesium.

Credit:

Recipe was developed for Produce for Better Health Foundation (PBH) by Katherine Hoy, Ed.D., R.D. This recipe meets PBH and Centers for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.



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