

La Crosse County

WIC Newsletter

October
November
December
2015

La Crosse
County
Benefit
Issuance days:

Mondays
8:30AM-5:30PM

**3rd Tuesday of
the Month**
9:30AM-6:30PM

**2nd Tuesday of
the month
Onalaska**
8:30AM-4:00PM

**3rd Wednesday of
the month
West Salem**
12:30PM-4:00PM

The WIC Office
will be
closed the
following days:

**Thursday & Friday
November 26th & 27th
(Thanksgiving)**

**Thursday & Friday
December 24th & 25th
(Christmas)**

All About BEANS!

At first glance, beans may seem rather dull. But when you take a closer look, you can see that beans have a rainbow of colors, and a variety of shapes and flavors! Plus, beans are good for you!

Did you know these nutrition facts about beans?

- Beans provide more protein than many other foods. One cup of beans can provide over 1/3 of your daily protein needs.
- Beans are naturally low in fat, sodium, and cholesterol.
- Beans are packed with vitamins and minerals, including B, E, calcium, potassium, and iron!
- One cup of cooked beans contains half of a woman's daily iron needs. Children's iron needs are met with only 1/2 cup.

Do you get beans on your eWIC card? Here are some tips to use the beans you receive from WIC:

- Make your own refried beans. Smash pinto beans and add Cajun seasoning. Heat beans in a saucepan until warm. Top warm tortillas with beans, shredded cheddar cheese and salsa. Roll up and eat.
- Add drained and rinsed pinto or red beans to Spanish Rice. Heat and eat.
- Add red or northern beans to a can of baked beans.
- Make a bean dip! (1 can fat-free refried beans, 1 can pinto beans, 1/2 cup salsa, 1/4 cup shredded cheese. Combine all in a baking dish. Heat in a 350° oven until warm.)
- Are you making tacos for dinner? Save money! Mix ground beef with beans to make your meat stretch farther.
- Make black bean salsa. (Combine 1 can of corn, 1 can of black beans, and 1 cup of salsa in a bowl.)



Interested in learning more about beans? Ask your WIC nutritionist or request a bean cookbook from WIC staff!

Let's Move! Cold Weather Fun!

Cold weather offers great ways to have family fun.

Take time to play together—and move more. You will all feel good!

Get moving indoors:

- Turn up the music and dance!
- Create an obstacle course. Kids love to tumble over pillows, crawl through open boxes, jump through hula hoops, etc.!
- Act out a story. Read a book together; move to it to give it action.



Get moving outdoors:

- Enjoy autumn leaves! Rake leaves in a pile and jump in it!
- Take a neighborhood walk. How does it look different in cold weather?
- Take a nature hike. Look for animal tracks in the snow or colorful fall leaves.

Bean Chili Recipe

- 28oz can diced, tomatoes, drained
- 1 jar salsa
- 14.5oz can tomato sauce
- 1 can black beans
- 1 can kidney beans
- 1 can great northern beans
- 1 tsp chili powder
- 1 tsp cumin (optional)
- 1/2-1 lb of meat (chicken, ground beef (optional))



Mix all ingredients together in a large pot. Boil and simmer for 10 minutes.

NEW WITH eWIC

Remaining Balance (exp date 02-27-2015)

2.00	DOZ	DOZEN EGGS
21.50	OZ	WIC CEREAL
2.00	CTR	MATURE BEANS OR PB
30.00	OZ	CANNED FISH
24.00	OZ	INFANT CEREAL

CTR =
Container

All of your options for **Mature Beans, Peas, and Lentils** are listed in your Approved Foods booklet!

1 CTR (1 container) =

4 cans of canned beans OR 1 bag of dried beans



OR



La Crosse County Government
WIC & Nutrition

Questions or Concerns?
Contact Us!

608-785-9865