

WIC Newsletter

April
May
June
2016

**La Crosse
County
Benefit
Issuance days:**

Mondays
8:00AM-5:00PM

**3rd Tuesday of
the Month**
8:00AM-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:

Monday,
May 30th
(Memorial Day)

The Facts on Fruit Juice

Why does WIC provide juice?

WIC fruit juices provide at least 120% of the recommended amount of Vitamin C per serving and are also a great source of folate, an important nutrient for pregnant women. WIC fruit juices are all 100% real fruit juice and do not have added sugar. Keeping juice on hand is a good way to add some of the vitamins children need throughout the day.



What are the benefits of limiting juice?

Children eat better at meal and snack times when they have not been sipping on juice. Some juices do have added sugar and can be harmful to your child's teeth if given too much, and too often.

It is recommended that children under the age of 5 have only 1/4 to 1/2 of a cup of juice or less per day.

What can I give my child instead of juice?

Try offering milk (children need 2-3 cups per day) or water. See the back side of this page for other healthy beverage ideas!

Set a good example. Your children will eat what you eat and drink what you drink. Drink plenty of water, it is good for YOU too!

Have questions about WIC juice, ask your WIC nutritionist today!



Check us out ONLINE!

WIC is now on the Get Active La Crosse website! Check us out at www.getactivelacrosse.org. Click the 'Eat Healthy' section and then click 'WIC.' Use this page to see information about WIC or to apply online. The Get Active website also has a variety of information including: recipes, community events, volunteer opportunities, car seat information, and more! Check us out today!



5 Fun Ways to Decrease the Amount of Sugar in your Drinks

1. Dilute cups of juice by adding water. It will still have the taste kids love but with half the sugar.
2. Instead of a glass of juice freeze juice in ice cube trays and add one to a glass of water to decrease sugar!
3. Add frozen fruit to your water, it will not only cool the drink but also give the same sweet flavor juice offers.
4. Make your very own frozen fruit cubes by adding fruit into the ice cube trays then freezing.
5. Add some color to your ice cubes using food coloring, the color will slowly melt into the water!



Under Construction

As you may have noticed, the building that WIC is located in is undergoing a lot of construction. As a result, WIC will be moving to a different part of the 2nd floor in 2016. You will be notified in advance of any changes. Thank you for your patience and understanding as we go through this transition!



Questions or
Concerns?
Contact Us!

608-785-9865

This institution is an equal opportunity provider.