

La Crosse County

WIC Newsletter

January
February
March
2015

**La Crosse
County
WIC Check
pick-up 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:**

January 1st
(New Year's Day)

January 19th
(Martin Luther
King Day)

Welcome Trina!

Our new Breastfeeding Peer Counselor!

Hello! My name is Trina Truesdell. I am the Breastfeeding Peer Counselor for the WIC program in La Crosse. I am a proud mother of two very special little boys. Our oldest son was breastfed until he was 3 years old. I am currently breastfeeding our youngest son. Becoming a mother has allowed me to experience true love and great joy. As with any new roles, come obstacles. This is where WIC played an important role in our family. While breastfeeding is normal and natural, there may be some challenges along the way. I have successfully nursed both of my boys, but did struggle at times along the way! The support of WIC staff, family, and community resources gave me the encouragement to reach my breastfeeding goals. My goal is to help other moms succeed in nursing their babies, too. My role as the Breastfeeding Peer Counselor is to promote breastfeeding. I talk with all La Crosse WIC moms during pregnancy and after the birth of your baby. Please do not hesitate to call or email me with any questions you may have!

Main WIC Line: 608-785-9865

Trina's Direct Line: 608-785-9791

Email: ttruesdell@lacrossecounty.org



Did you know?

La Crosse County WIC has a Facebook Page!

Are you wanting to receive new and fun ideas to incorporate nutrition and physical activity in to your family? La Crosse County WIC has a new Facebook Page! Search & Like: **La Crosse County Government—WIC & Nutrition.**

We post recipes, community events, nutrition information, and MORE! Like our page to connect with us today!



Should I hide veggies?

Yes, it's okay to add extra vegetables to dishes. You're not really hiding the vegetables, you're adding more nutrition! Most of us don't eat enough veggies. Adding more veggies is good for both your child and you!

Tips to add extra veggies to dishes:

- Puree cooked vegetables in a food processor or blender.
- Mash cooked carrots or sweet potatoes with a fork.
- Chop raw broccoli, spinach, or tomatoes into tiny pieces with a knife.
- Shred raw carrots or zucchini.



Tip: Add 1/2 to 1 cup of veggies to your favorite dish—spaghetti sauce, lasagna, meatloaf, meatballs, casserole, noodle or rice dish.

Carrot Muffins

Serve a carrot muffin instead of a roll or bread at dinner!

Ingredients:

1 egg
1 cup of orange juice
1/4 cup vegetable oil
1/2 cup sugar
2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla
2 cups finely grated carrots



1. Beat the egg in a large bowl. Add orange juice, oil and sugar to bowl and mix together.
2. Add flour, baking powder, baking soda, salt, cinnamon and vanilla to egg mixture. Stir together.
3. Stir in grated carrots.
4. Spoon the batter into a muffin pan lined with baking cups. Fill each cup about 3/4 full.
5. Bake in a 400° oven for 15-20 minutes.

Coming Soon!

Wisconsin eWIC!

Safe

No more paper checks.

Simple

Hassle-free checkout.

Just take your eWIC card and WIC

Shopping List to the store.

Convenient

Only buy the food you need each time.



Questions or

Concerns?

Contact Us!

608-785-9865