

# WIC Newsletter

January  
February  
March  
2016

La Crosse  
County  
Benefit

Issuance days:

**Mondays**  
8:00AM-5:00PM

**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:

Monday, January  
18th (Martin Luther  
King Day)

Friday, March 25th  
(Spring Holiday)

## Spotlight On: Oats!

Did you know that you can purchase oats & oatmeal with your eWIC card? Oats are a warm, comforting food during these cold winter months and have many health benefits. Some of the health benefits of oats & oatmeal include:

- Good source of fiber & protein which can help you to feel fuller, longer.
- May help to lower bad cholesterol.
- May help to decrease risk of heart disease.



**WIC approves regular instant oatmeal.** Check out the ideas below for ways to use WIC oatmeal:



- Make instant oatmeal with milk instead of water. Toss in raisins, fruit, or nuts for added flavor.
- Blend a smoothie with fruit, milk, & oatmeal.
- Make a packet of oatmeal and mix in unsweetened applesauce. Sprinkle with cinnamon.
- Make overnight oats. (see recipe on the back of this page!)
- Make oatmeal bites with peanut butter, honey, oatmeal, & vanilla.
- Mix in oats into your favorite pancake recipe.

***Ask your WIC nutritionist if you have questions about how to use your eWIC benefits for oats & oatmeal!***

# Check us out ONLINE!

WIC is now on the Get Active La Crosse website! Check us out at [www.getactivelacrosse.org](http://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!



## Strawberry Shortcake Overnight Oats

### Ingredients

- 1 pound strawberries (fresh or frozen, chopped)
  - 4 cups rolled oats
  - 3 cups milk
  - 1 cup vanilla yogurt
  - 1/4 cup strawberry jam
  - 1/2 teaspoon vanilla
- \*honey, sliced almonds, peanut butter or coconut (optional toppings)



In a medium bowl, combine all ingredients; stir well.

Cover the bowl and place in the refrigerator for at least one hour. Serve chilled. Add optional toppings as desired.

## 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 need to temporarily move to a different location sometime in 2016. You will be notified in advance of any changes. Thank you for your patience and understanding as we go through this transition!



La Crosse County Government  
WIC & Nutrition

Questions or  
Concerns?  
Contact Us!

608-785-9865