



Growing Healthy Families

National Nutrition Month 2019



NATIONAL NUTRITION MONTH® MARCH 2019

www.eatright.org

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

National Nutrition Month is an annual nutrition education campaign created by the Academy of Nutrition and Dietetics. The campaign is celebrated each March and focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

The Osceola County WIC program celebrated National Nutrition Month on March 4-7, 2019. Food demonstrations, samples of WIC foods and nutrition education were provided to clients in the lobby.

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Sink the Germs!

Did you know that handwashing is the most effective way to stop the spread of illness? Here are a few tips on being effective at hand washing.

Wash your hands:

- Before handling food
- Before touching a cut or open sore
- After using the bathroom or changing diapers
- After sneezing, blowing your nose or coughing
- After playing outside or with pets



Here's How:

1. Wet your hands with warm, running water
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds
3. Rinse your hands well with warm, running water
4. Dry hands with a clean paper towel or towel
5. Turn off water with used paper towel before throwing it away



FREE HEALTHY FOOD!

WIC is a supplemental nutrition program for women, infants, and children. We provide healthy foods, health care referrals, breastfeeding support and nutrition education for low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



Recipe: Country Potato Salad



The peas in this potato salad add a colorful touch while combining low-fat mayonnaise, mustard and nonfat yogurt provides a flavorful low-fat dressing.

3. Drain in colander and sprinkle lightly with cold water. Set aside.
4. Mix the rest of the ingredients in a large bowl. Add drained potatoes to the mixture.
5. Mix well and refrigerate until ready to use.

Ingredients:

- 3 medium baking potatoes
- 1 cup chopped celery
- 1/2 cup minced onion
- 1 cup fresh or frozen peas
- 1 tbsp. prepared mustard
- 1/2 cup low-fat mayonnaise
- 1/2 cup nonfat, plain yogurt
- Fresh cracked black pepper to taste

Directions:

1. Wash potatoes, leave skin on and cut into bite size chunks.
2. Place potatoes in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes.

Nutrition Facts

4 servings per container	
Serving size	1 Cup
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	12%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



WIC is Located Near You!

Did you know there is a WIC location close to you? We have three locations in Osceola County! Call (407) 343-2085 today for an appointment!

Kissimmee

1875 Fortune Rd.
Kissimmee, FL 34744
Monday- Friday

Saint Cloud

1050 Grape Ave.
St. Cloud, FL 34769
Monday- Thursday

Poinciana

109 N. Doverplum Ave.
Kissimmee, FL 34759
Monday- Friday

All WIC locations are closed the 2nd Friday of each month.



				
Apples	Apricots	Asparagus	Avocado	Bananas
				
Broccoli	Cabbage	Carrots	Celery	Collard Greens
				
Garlic	Lettuce	Mushrooms	Onions	Peas
				
Pineapple	Radishes	Spinach	Strawberries	Turnips