



Growing Healthy Families

Pack a Healthy Lunch

When you pack your child's school lunch, you know exactly what they are eating. Here are some wallet friendly tips on keeping kids happy and healthy at lunchtime.

- ☺ Use 100% whole wheat bread
- ☺ Swap avocado or hummus for mayonnaise
- ☺ Use leftover grilled chicken instead of lunch meats
- ☺ Pack leftovers such as soup, chili and spaghetti in a thermos
- ☺ Add shredded carrot, zucchini, apple and pear slices to sandwiches
- ☺ Slice apples to dip into low-fat yogurt or peanut butter
- ☺ Dip carrots, celery and bell peppers into hummus or salsa
- ☺ Whole grain crackers with a slice of cheese make a great snack
- ☺ Have your child help you pack their lunch. When they are involved, they are more likely to eat their homemade lunch.



In this issue:

Pack a Healthy Lunch	1
The Truth About Fats	1
Recipe: Vegetable Chili	2
WIC is Located Near You!	2
Florida Fresh for Fall	2



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.



The Truth About Fats

Good fats can lower bad cholesterol and lower the risk of heart disease and stroke! These fats are found in plant-based oils, nuts, seeds and fatty fish. Examples are olive oil, avocados, tuna, salmon, sunflower seeds and walnuts. A healthy diet includes a variety of good fats.

Saturated fats lower good cholesterol and raise the bad cholesterol in the body. They can increase the risk of heart attack and stroke. These fats usually come from meat and dairy such as beef, pork, butter, whole milk cheeses and coconut oil. It is best to limit these fats.

Trans fats are the bad fats that raise bad cholesterol, lower good cholesterol, increase the risk of heart disease and stroke and can also increase the risk of type 2 diabetes. These fats come from processed foods, some baked goods, fried foods and margarine. It is best to avoid these foods.

Recipe: Vegetable Chili

Ingredients:

- 2 onions (large, cut into 1/4" pieces)
- 1 green bell pepper (cut into 1/4" pieces)
- 3 garlic cloves
- 2 jalapeno chili peppers (fresh, diced)
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 cans whole tomatoes (28 oz. total- cut into 1/4" pieces) OR 8 medium fresh tomatoes
- 2 zucchini (medium- cut into 1/4" pieces)
- 2 summer squash (medium- cut into 1/4" pieces)
- 1 can kidney beans (16 oz., rinsed)
- 1 cup fresh cilantro (chopped)
- Salt and pepper (to taste, optional)

WIC Approved Food!

Directions:

In a large pot sauté onions, bell pepper, garlic and jalapeno in oil over medium-high heat for about five minutes. Stir often. Add chili powder, cumin, half of the chopped cilantro, salt and pepper. Continue cooking for 3 minutes, stirring occasionally. Add the tomatoes, zucchini, squash and bring mixture to a simmer. Simmer for 15 minutes, stirring occasionally. Add beans and simmer for an additional 5 minutes. Serve the mixture hot, sprinkled with the remaining cilantro.



Cost per serving \$1.63!



Nutrition Facts

Serving Size

Servings Per Container 4

Amount Per Serving

Calories 300

% Daily Values*

Total Fat 9g 14%

Saturated Fat 1g **5%**

Trans Fat 0g

Sodium 310mg 13%

Total Carbohydrate 44g 15%

Dietary Fiber 13g **52%**

Sugars 17g

Protein 13g 26%

*Percent Daily Values are based on a 2,000 calorie diet.

WIC is Located Near You!

Did you know there is a WIC location close to you? We have four locations in Osceola County!

Call (407) 343-2085 today for an appointment!

Kissimmee

1875 Fortune Rd.
Kissimmee, FL 34744
Monday- Friday

Poinciana

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

Saint Cloud

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

Buena Ventura Lakes

2622 Simpson Road
Kissimmee, FL 34743
Wednesdays Only

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

Florida Fresh for Fall

Florida is known for our juicy citrus, but did you know that Florida grows all types of produce throughout the year? In-season produce is not only cheaper, it tastes better too! The following fruits and vegetables are in season right now!

