



Growing Healthy Families

Portion or Serving?

Do you know the difference between a portion and a serving? A portion is how much you choose to eat at one time. A serving is the amount of food listed on a label's nutritional facts. They should be the same, but usually our portion sizes grow much larger than the recommended serving size.

You may be surprised to learn that each of these is one serving size!



1 slice of bread



1/2 cup rice or pasta
(cooked)



2 oz. cheese
(about the size of a domino)



3/4 cup fruit juice



1 small piece of fruit
(super-large apples are 2+ servings)



1 cup milk or yogurt



2-3 oz. meat, poultry or fish
(about the size of a deck of cards)

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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: Banana in a Blanket

Ingredients

- 1 (6-inch) whole wheat tortilla
- 1 banana
- 1 tbsp. creamy peanut butter
- 1 tsp. honey or maple syrup
- 1 tbsp. cereal or granola










Directions

- Lay tortilla on a plate
- Spread peanut butter evenly on tortilla
- Sprinkle cereal/granola over peanut butter
- Peel banana and place on tortilla
- Drizzle honey or maple syrup on banana (optional)
- Roll the tortilla up

Peanut butter should only be given to children two years of age and older when spread thinly on crackers or toast. To avoid an allergic reaction-sunflower butter may be used in place of peanut butter.

SPRING

SEASONAL CALENDAR

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

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

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

WIC Forms Update

Did you receive a completed "Medical Documentation for Formula and Food" form from the doctor? Please bring it to your next appointment and our nutrition staff will be happy to go over this with you! Please do not have the doctor fax the form to us as we are unable to accept any forms in advance.

