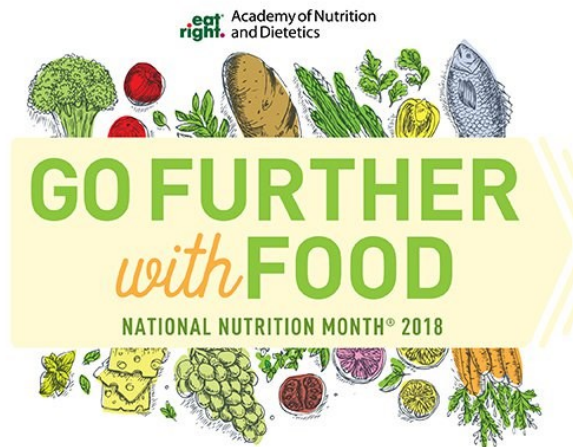




Growing Healthy Families

March is National Nutrition Month



Every year in March, the Osceola County WIC program celebrates National Nutrition Month. The theme for the 2018 celebration is "Go Further with Food". This theme showcases the importance of choosing the right foods, whether its starting your day off with a healthy breakfast or fueling up before an athletic event.

Choosing the right foods can make a dramatic difference in your health. The Academy of Nutrition and Dietetics urges people to adopt healthier eating habits while also reducing food loss and waste.



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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.



Top 15 Winter Produce



Move More

Do you want to be active, but don't want to go to the gym? Aim to walk 10,000 steps a day! Steps can add up quickly- from walking your dog to taking a quick walk during one of your work breaks. Other ways to help add steps are:

Park the car towards the back of the parking lot and walk to the nearby shops.

Walk while you waiting. Walk around the field instead of sitting on bleachers or walk around the restaurant while waiting for a table.



Recipe: Game Day Torilla Chips and Bean Dip

Ingredients

- ✓ 4 corn tortillas
- ✓ 1 can kidney beans (16 ounces)
- ✓ 1/4 cup salsa
- ✓ 1/4 cup sour cream, non-fat
- ✓ 1/2 cup cheddar cheese, shredded

Directions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. White a sharp knife or pizza cutter, cut stack into eight pieces, forming triangles.
3. Lay tortilla pieces out in a single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour in a colander; rinse and drain. Place beans in a small mixing bowl and mash. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over salsa.
7. Measure cheese and sprinkle over salsa.
8. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla chips are crisp and dip is bubbly.

Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 450mg **20%**

Total Carbohydrate 30g **11%**

Dietary Fiber 8g **29%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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.



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 34758
Monday- Friday

Saint Cloud

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

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

We Celebrate Our RDN's!

Did you know that March 14th is Registered Dietitian Nutritionist Day? This day recognizes RDNs for their commitment to helping people enjoy healthy lives. The Osceola County WIC program is happy to celebrate our Dietitians!

