

## Bean Soup with Kale

1 TBSP oil  
8 large garlic cloves, crushed or minced  
1 medium yellow onion, chopped  
4 cups chopped raw kale  
4 cups chicken or vegetable broth  
1 ½ cups dry navy beans (or other white bean) or 2 (15oz) cans beans  
4 plum tomatoes, chopped  
2 tsp Italian herb seasoning (dry)  
Salt and pepper to taste  
¼ cup chopped parsley

If using dry beans, cook according to package directions (or ask our staff for a handout on how to cook beans).

In a large pot, heat oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15-30 minutes, until kale is soft. Ladle into bowls; sprinkle with chopped parsley

Adapted from  
[www.allrecipes.com](http://www.allrecipes.com)



## Appointment Reminder Calls

Our computer system is set up to make reminder calls the evening before your scheduled appointment; however, we ask that you not rely on these calls for remembering your appointments. Sometimes a phone number hasn't been updated in our system or the computer fails to make the calls. Thank you.



## Calls from the WIC Office

In order to maintain your privacy and in accordance with privacy laws, we do not leave detailed messages about where we are calling from or what the call is about. If you see a missed call from our office or have a message from Eastern Idaho Public Health District, please call us back. Thanks!

## Social Security Office

The Social Security Office has changed locations. They are now located at 2196 Channing Way, Idaho Falls, Idaho 83404. If you have questions, call 1-866-253-0489.



## Office Closures

Nov 11	<i>Veteran's Day</i>
Nov 28	<i>Thanksgiving Day</i>
December 25	<i>Christmas Day</i>
January 1	<i>New Year's Day</i>

## WIC NEWSLETTER

EIPHD

**NOVEMBER/DECEMBER  
2013**



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# Stay Healthy this Winter

Cold & flu season is upon us! Here are some tips that will help keep you and your family healthy this winter:

## Eat Healthy & Be Active

- Include plenty of fruits, vegetables and whole grains every day
- Eat foods that are packed with nutrition. There are many vitamins and minerals that aid our immune system in fighting off viruses like cold & flu.
  - ◇ Vitamin C—strawberries, oranges, potatoes, bell peppers, leafy greens
  - ◇ Vitamin E—milk, sunflower/corn/soybean oils, avocados
  - ◇ Beta carotene—sweet potatoes, carrots, spinach, cantaloupe, winter squash
  - ◇ Zinc—meat, fish, shellfish, poultry, dairy products, beans, nuts & grains.
- Drink plenty of water. Water helps the body carry nutrients to cells and get rid of toxins. You may not feel as thirsty in cold weather and this can increase your risk for dehydration, so drink up!
- Aim for healthy holiday eating.
  - ◇ Start out right by eating a healthy breakfast
  - ◇ Keep healthy foods in the house
  - ◇ Savor holiday treats—eat them slow-

ly and in moderate portion sizes

- ◇ Try to adapt your holiday recipes to use less fat/sugar.
- Exercise regularly. Be active for at least 2 1/2 hours each week and keep your children active for at least one hour per day.
  - ◇ Find activities you can do indoors (ask our staff for ideas)
  - ◇ On winter days when the sun is shining, get out & enjoy! Go sledding, build a snowman, shovel snow.
- Supplements
  - ◇ Taking a multivitamin can help keep your body healthy
  - ◇ Take a Vitamin C supplement (especially if you think you are starting to get ill)

## Get Rest

Scientists have found that there is a release of certain hormones during sleep that may help boost your immune system. If you are well rested, your body can launch a strong response to fight off viruses.

## Manage Stress

When we are under a lot of stress, our immune systems do not function as well. We are also more likely to engage in unhealthy eating habits when we are under a lot of stress.

- Find healthy ways to relax & manage your stress: watch a movie, build a snow man, rake

leaves or just take a few minutes to breathe deeply.

## Wash your Hands

Keeping your hands clean is the most important step you can take to avoid getting sick and spreading germs to others. The Center for Disease Control & Prevention recognizes hand washing as one of the most important means of keeping germs from spreading.

- Wash your hands before, during and after food preparation, before eating, before & after caring for someone who is sick or treating a wound, after using the toilet and changing diapers, after blowing nose, coughing or sneezing, after touching animals, pet food or animal waste, after touching garbage
- The right way to wash your hands
  1. Wet your hands with clean, running water & apply soap
  2. Rub your hands together to make a lather, scrub well for 20 seconds (hum/sing “Happy Birthday” twice)
  3. Rinse your hands well under running water
  4. Dry your hands using a clean towel or air dry them.
- If you don’t have soap/water, the best way to reduce the number of germs is with an alcohol-based hand sanitizer.

