

Free Fluoride Varnish

Eastern Idaho Public Health District will be doing free fluoride varnishes for children, up to age 10. Fluoride varnish is an easy, effective and safe way to help protect your child's teeth and prevent cavities. The varnish is painted on your child's teeth with a disposable applicator by a Registered Dental Hygienist. Clinics will be hosted at the following times and locations:

Idaho Falls:

May 1 8:30-11:30 AM, 1:00-4:30 PM
May 27 9:30-12:00 PM, 1:00-5:30 PM
June 16 8:30-11:30 AM, 1:00-4:30 PM

Rexburg:

June 19 9:00-12:00 PM, 1:00-4:00 PM

Rigby

May 29 9:00-11:30 AM, 1:00-3:30 PM

St Anthony

June 2 9:00 -11:30 AM, 1:00 - 4:00 PM

Challis

June 9 10:00 AM - 3:30 PM

Salmon

June 10 8:30 AM - 3:00 PM

Food Package Change

There is an exciting change coming for our child food packages. Beginning in March, the cash value voucher (fruit/veggie voucher) for children will increase from \$6 to \$8!

Prize Drawings

All WIC children who are up to date on their immunizations per The Advisory Committee on Immunization Practice (ACIP) guidelines are eligible to be put in for a monthly drawing. Each month during 2014, 5 - \$100.00 Wal-Mart gift cards will be given away to up-to-date WIC children who have been entered into the drawing. Don't forget to bring your immunization record to every visit. Give your records to our staff so they can make a copy and put you in for the drawing.

Save the Date...

Our annual World Breastfeeding Week picnic will be held in Kate Curley Park (located on the corner of Higbee Ave and 10th Street), in Idaho Falls on Friday, August 1 from 11:00 am to 1:00 pm. We will have food, games, prizes and vendor booths. Additional details to follow in our July/ August newsletter

Office Closures

May 15 & 16 District staff meetings
May 26 Memorial Day
July 4 Independence Day



Eastern Idaho Public
Health District

WIC Newsletter

**May/June
2014**



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Parents decide what foods to buy and serve in the home. Children eat what is available. Therefore, surrounding them with healthier options leaves them no choice but to eat better food.

Set the Family Up for Success

Small changes in five key areas can make a huge difference: eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size, and eat together as a family.

Fruits & Vegetables

- Kids should eat five servings of fruits and vegetables a day
- Serve fresh, frozen, and canned fruits and vegetables; they all count
- Provide fruit or carrot sticks for snacks
- Offer 100% juice, with no added sugar
- Mix vegetables into dishes: add peas to rice, cucumbers to a sandwich, more veggies to sauces (such as pasta sauce)

Healthy Choices to Reduce Fat and Sugar

- Switch to low or non-fat milk, yogurt and cheese
- Choose lean cuts of meat like skinless chicken or extra lean ground beef for hamburgers or pasta sauces
- Bake or grill instead of fry
- Substitute water or low-fat milk for sodas or sweetened beverages
- Drink less soda and sugar-sweetened drinks
- Switch to lower sugar breakfast cereals
- Switch desserts like ice cream and cake for

fruit based desserts

Snacks

- Reduce the number of snacks served each day
- Leave a bowl of fruit or carrot sticks on the kitchen table
- Differentiate between snacks that require permission (cookies), versus snacks that kids can take freely (fresh or dried fruit)
- Have kids drink water at snack time
- Save "treats" for special occasions

Portion Size

- Kids are smaller than adults and should eat smaller portions
- Use smaller plates for kids
- Don't force kids to clean their plates if they are full
- Start with a small portion. Children can have seconds if they are still hungry

Eat Together

- Family meals focus on eating and enjoying food and each other
- Eating together is a chance to model good behavior
- Regularly scheduled meal and snack times help kids learn structure for eating

Active Families

Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! And remember, sleep is just as important and is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or

obese dropped by nine percent.

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, kites, and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Facilitate a safe walk to and from school a few times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Find time to spend together doing a fun activity: family park day, swim day or bike day.

Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.

Learn how engaging in outside activities can be fun and affordable for families through Let's Move Outside, which promotes a range of healthy outdoor activities for children and families across the country.

Adapted from: www.letsmove.gov
