

texas

January/February 2013

WIC

news

Volume 22, Number 1

**GOING  
GREEN  
IN 2013**



Special Supplemental Nutrition Program for Women, Infants, and Children

# Moving Into 2013

**Happy New Year** to all of you at Texas WIC! The turn of the year is a time when commitments, goals, and projects are made for the future. As we move into 2013, let us also make a commitment to continue to provide outstanding service to our participants, work to increase our breastfeeding rates, and grow and expand with new and fresh ideas and projects to better reach and educate families all over Texas.

This Texas WIC News focuses on going green not only to protect our environment, but also to improve health and save money. We begin the issue with “Grocers are Going Green” an article that details what grocers are doing to become more environmentally friendly, including purchasing local goods, building green stores, recycling, and reducing wastes.

You can continue the “green” movement in your own home, by learning about the benefits of green cleaning, choosing green products, and how to easily and economically make environmentally safe cleaners in “Living Green While You Clean.” Try

these tips in your own home and share them with your participants to help them create safe environments for their families too.

If improving health is a goal for you this year, we’ve got each area of your life covered. On page 18, get firsthand information from mothers about making nutritious baby food at home. They’ll provide you with everything you need including techniques, preparation, cooking, storage, and more. For overall family health, turn to page 8 to learn about powerfully nutritious foods that can easily fit into any lifestyle. If you are looking to start a worksite wellness program, be sure to check out the WIC Wellness Works article “LA 11 Employee Fitness Challenge: Shrink the Scales in 2012” to see what they did and how you can implement a program in your own agency.

No matter how you decide to approach the new year, go at it with gusto — we have an exciting voyage ahead of us. Let’s make 2013 the best yet. Here’s to you and an amazing new year!



From the Texas WIC Director  
— Mike Montgomery



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# Grocers Are Going Green

by Elizabeth Bruns, R.D., L.D.  
WIC Nutrition Training Specialist

**B**oth Texas grocers and those nation-wide are going green. Conserving energy and water, improving the use of other natural resources, reducing waste, and recycling are steps that many grocers are taking in their efforts to go green.

This article discusses a few environmentally friendly initiatives that are common to most grocers.

## **Purchasing Local Goods**

Purchasing local goods makes good green sense because there is less transportation involved which saves on fuel consumption and reduces air-polluting emissions. Some grocers will contract with small to mid-size local farmers and ranchers agreeing to buy their entire product if they supply particular fruits, vegetables, dairy, or meat.

In addition to being green, buying local is good for the community by putting dollars into the hands of local farmers who then spend those dollars in the community.

## **Purchasing Organic Foods**

A lot of grocery stores, even some in small towns, have a section in their produce departments devoted solely to organic fruits and vegetables. In addition, more and more organic foods can be found intermingled on the shelves with non-organic food.

Organic foods are grown without synthetic fertilizers and chemical pesticides, and they are not irradiated. They are cultivated and handled by more natural methods known as earth-friendly farming. Organic farming provides decreased risks of chemicals in our foods and lowers polluting run-off in our rivers. Organic foods are usually a little more expensive than non-organic, but not always. Shop and compare.

## **Building Green Stores**

Newer grocery stores are being built with “green” in mind. One particular store in east Texas, Fresh by Brookshire Brothers in Tyler, designed its new store and parking lot to be green from the ground up. It’s state of the art green! Sixty percent of the materials used in the construction of the store are recycled materials. Even the lumber from the lot that was cleared for the building of the new store was used in its construction. The roof of the store has a water collection system that catches rain water and drains into a cistern. The water in the cistern is used to irrigate surrounding vegetation. Skylights and energy saving solar panels were installed on the roof, taking advantage of the sun’s natural lighting during the day and storing energy for artificial lighting at night.

Some older grocery stores are also taking steps to go green, such as saving energy by installing LED (light-emitting diode) lighting and lighting

sensors and timers. LED lighting uses less energy than incandescent and fluorescent lighting. Using sensors and timers to turn lights on and off as needed saves additional energy and money. A penny saved is a penny earned!

### **Transportation**

With grocery store chains operating not only state-wide but also nation-wide, transportation of goods to and from distribution centers can use a lot of energy and add to the pollution problem. Many stores are now participating in the Environmental Protection Agency's SmartWay program. SmartWay is a program that reduces transportation-related air pollution by creating incentives to improve fuel efficiency.

Here are a few transportation-related actions that many stores' fleets are adopting to improve their green rating:

- Keep trucking fleets in well-maintained order. Better maintained vehicles operate more efficiently.
- Fuel vehicles with liquefied natural gas, which is 60 percent more efficient than diesel.
- Reduce top speeds. Driving slower saves fuel.
- Utilize routing software, like GPS.
- Use more efficient tires.
- Reduce idling time.
- Fill vehicles on their return journeys with product that would typically be shipped to distribution centers.
- Use hybrid cars for company cars.

### **Reducing Waste/Recycling**

Grocery stores are gradually reducing their waste and increasing recycling. Most of the larger chains have set goals that they've met and exceeded, and then re-set. They are recycling cardboard, paper and plastics, reducing materials used in store brand packaging, using compostable to-go containers, etc.

It's common to see containers for returning plastic bags at grocery stores. Did you know that not only can you return grocery store plastic bags, you can also return dry cleaning plastic to these containers? Stores ask that the bags are free of waste — no potato peels, half eaten sandwiches, or such.

Almost all grocery stores sell their own reusable shopping bags or totes, even ones for carrying

temperature-sensitive items. Sometimes, you can get reusable bags free, like during a promotion or at trade shows, health fairs, etc. It's fine to shop at any store with any reusable shopping bag. If you're uncomfortable carrying one store's bag into another store, then turn the bag inside out. Don't forget to throw reusable bags into the washing machine every now and then. In the near future, you may not have a choice of paper or plastic; you may have to use reusable bags, or pay extra for those paper or plastic bags.

Another action that many stores are taking to reduce waste is donating perishable but safe-to-eat foods to local food banks and non-profits. These foods cannot be sold but are still acceptable for consumption. Organizations can collect these foods from participating grocery stores. This not only helps to feed the hungry, it also lessens trips to and from our land-fills.

### **Go Green Grocers!**

It's not always easy being green. There are often large up-front costs for grocers. Let your local grocer know that you appreciate their efforts when they are green.

Grocers are in a position to educate and set examples for customers and other businesses. We see grocers at work re-using, reducing, and recycling, and we should do the same at our homes and work places.

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# Working Towards Mother-Friendly Worksite Designation

by Lindsey Randall, I.B.C.L.C.  
Nutritionist – Breast Pump Coordinator



A mother-friendly worksite is a business that is recognized by the Department of State Health Services for having a policy in place to support employees who choose to continue providing the best nutrition — breastmilk — to their babies after returning to work.

Unfortunately, not all employers or businesses are familiar with the overall benefits associated with Mother-Friendly Worksites. The topic may be quickly bypassed for fear that if pursued, employees may try to abuse mother-friendly policies or that there is not enough money in the budget to accommodate requirements. Many employers are pleasantly surprised to learn that achieving mother-friendly worksite designation is a win-win for both their business and their employees.

Mother-Friendly Worksites are a win for employees. They allow nursing moms to return to work while continuing to provide breastmilk to their babies.

Mother-Friendly Worksites are a win for businesses because the support provided increases employee productivity, loyalty, morale, reten-

tion, and recruitment, as well as lowered costs associated with absenteeism. Worksite-lactation programs have also been linked to reducing employer medical expenses, especially since breastfed infants tend to have fewer, less severe illnesses than their formula-fed counterparts.

Realizing the return on investment, the Texas WIC program helps support participant decisions to continue breastfeeding after returning to work by doing the following:

- Issuing double electric breast pumps to moms returning to work.
- Providing guidance on pumping and storing milk.
- Educating families about talking to their employers.
- Reaching out to local businesses about allowing women to pump while at work.

More WIC agencies are supporting their own staff decisions to continue breastfeeding after returning to work. Although achieving Mother-Friendly Worksite designation at every local agency across the state has not happened yet, it is on the horizon. As a means to help Texas

meet the Healthy People 2020 objective of increasing the number of employers with worksite lactation support programs, every WIC agency in Texas is working to achieve Mother-Friendly Worksite designation by September 30, 2014.

This may sound like a challenge considering no two local agencies in Texas are identical in structure, but the same is true for Mother-Friendly Worksites. Mother-Friendly Worksite policies can vary depending on the size of the employer, the needs of the employees, and the structure of the worksite. Mother-Friendly Worksite designation can be achieved by creating a basic policy that includes all of the following:

- Adhering to the definition of a Mother-Friendly Worksite.
- Accommodating a work schedule that allows flexibility for expression of milk.
- Providing access to a private location other than a bathroom that can be used for milk expression.
- Offering access to a clean and safe water source for washing hands and breast pump equipment.
- Allowing access to hygienic storage options for expressed milk.

Or as elaborate as including additional benefits like:

- Providing educational resources.
- Offering access to expert lactation support.
- Allowing work-from-home options.
- Accommodating onsite or nearby child care.
- Implementing baby-at-work practices.

Texas Mother-Friendly Worksite rules have recently changed making it easier to become designated. Some of the previous requirements that presented problems (i.e. locking door, emphasis on a dedicated lactation room, etc.) have been removed. To be eligible for the designation, a worksite needs a *written breastfeeding support policy* that provides employees with the following:

- Access to a private, non-bathroom location.
- Flexible scheduling to accommodate milk expression breaks each time an employee has a need to express breastmilk during the workday.
- Access to a clean water source for cleaning

hands and equipment.

- Access to hygienic milk storage alternatives (such as an employee's own cooler).

Fortunately for the Texas WIC program, most local agencies are already following some form of unwritten policy that supports the needs of their breastfeeding employees. For those who meet the qualifying criteria, all that is lacking is the actual written policy that supports their Mother-Friendly practices.

The Texas Mother-Friendly Worksite website, <http://www.texasmotherfriendly.org/home>, makes developing worksite lactation policies easier than ever before! This resource provides local agencies and other employers with essential tools needed to achieve Mother-Friendly Worksite designation, such as resources you can use to explain the benefits of becoming designated and a policy development guide with a sample policy template.

#### *Testimonials from Working Moms:*

*"My breastfed baby girl and I are very thankful that WIC is a Mother-Friendly Worksite. Breastfeeding is challenging enough when you return to work without the added stress of not having a designated place to pump."*

– SHEY AND BABY MACI

*"I am so thankful to have such a supportive employer and coworkers around me at work. I have never been given any grief of my pumping times at work which makes me feel so relieved to know that the health of my baby is also of importance to them as well."*

– CASEY AND BABY WYATT

*"Working in an environment that truly supports my decision to breastfeed made a lot of things easier. It was one less challenge I had to balance being a working mom. Pumping in my workspace allows me to continue being productive and puts me at ease knowing I will have milk for my baby's next feedings. Being a working mom of two is tough, but working in an environment that supports my decision to breastfeed helps me have it all!"*

– CRISTINA AND BABY EVA



SPINACH



KIWI



PISTACHIOS



BASIL



GREEN TEA

a new year – a new you!

## IMPROVE YOUR HEALTH WITH GREENS!

by Mandy Seay, R.D., L.D.  
Nutrition Education Consultant

**A** new year typically brings New Year's resolutions that are often focused on improving health like losing weight, reducing cholesterol, improving blood pressure, preventing diseases such as diabetes, cancer or heart disease; or just working on increasing overall wellbeing.

"Greens," touted as being some of the most nutrient rich, do not have to be difficult or expensive to incorporate into a healthy diet. To help you go green in 2013, five simple green edible items, their health benefits, and tips are listed below that can be easily added to any lifestyle to improve health.

### **Spinach**

Spinach is a powerhouse when it comes to nutrient content. With lutein, beta-carotene,

omega-3 fatty acids, vitamins C, E, and B, calcium, magnesium, zinc, manganese, and antioxidants, spinach's special properties have been shown to reduce the risks for cardiovascular disease, various cancers, cataracts, bone-related problems, and age-related degeneration. Additionally, the antioxidants found in spinach protect DNA, promote healthy cell growth, detoxify pollutants, and reduce inflammation.

**Tip:** When purchasing ready-to-eat spinach at the grocery store, buy the bag or box that is at the front of the pack, or that has had the greatest exposure to light – the more light it has received, the more nutrient rich it will be.

**How to get more:** Add spinach to your Italian dishes: pastas, lasagna, or pizza, make a spin-

ach salad, or add sautéed spinach as a side to any meal.

### **Kiwi**

One kiwi fruit contains 120% of the daily value for vitamin C. Research suggests that when consumed in adequate amounts, vitamin C reduces the severity of asthma and arthritis while preventing certain conditions such as atherosclerosis, colon cancer, and diabetic heart disease. The antioxidants found in kiwi protect the DNA in the nucleus from oxygen-related damage. An Italian study found that children who consumed more kiwi, or citrus fruit, were less likely to have respiratory health problems like wheezing, shortness of breath, or night coughing.

*Tip:* To speed up the ripening process, place the kiwi in a paper bag with a pear, apple, or banana – they will release ethylene gas, a plant hormone that is responsible for ripening.

*How to get more:* Eat kiwi alone as a snack or add to yogurt, cereal, or salads.

### **Pistachios**

Pistachios contain heart-healthy fats, protein, fiber, potassium, magnesium, vitamin K, and antioxidants. Pistachios contain the highest levels of potassium, vitamin K, phytosterols, and xanthophyll carotenoids of any nut. Studies suggest that pistachios promote antioxidant and anti-inflammatory activity, blood sugar control, blood vessel health and function, triglyceride reduction, and weight control.

*Tip:* Replace an unhealthy snack/food with a handful of pistachios.

*How to get more:* Eat pistachios alone as a snack or add to salads, meat dishes, or bread and muffin recipes.

### **Basil**

A recommendation often given by dietitians and nutritionists is to use herbs and spices to flavor foods instead of adding salt or fat. Basil is a versatile herb that not only adds immense zest to foods, but also provides health benefits like protecting cell structures and chromosomes from oxidative damage and preventing unwanted bacterial growth including several

antibiotic resistant species. Some strains include *Listeria monocytogenes*, *Staphylococcus aureus*, *Escherichia coli*, *Yersinia enterocolitica*, and *Pseudomonas aeruginosa*. Basil is also a good source of magnesium, which helps muscles and blood vessels relax, thereby improving blood flow and reducing the risk of irregular heart rhythms or spasms of the blood vessels or heart.

*Tip:* Freeze fresh basil in ice cube trays covered with stock or water to add to soups or stews later.

*How to get more:* Use basil to make salad dressings, pesto, or hot herbal tea. Add basil to salads, pizza, or salmon.

### **Green Tea**

Drinking green tea may be one of the easiest ways to improve your health. Evidence shows that green tea decreases the risk of several cancers, viral and bacterial infections, kidney disease, periodontal disease, osteoporosis, heart disease, and stroke.

Other studies have demonstrated that green tea may also help prevent or lessen the duration of the flu; protect against solar ultraviolet exposure and cognitive decline; increase exercise endurance; promote fat loss; and protect the liver from alcohol and other harmful chemicals.

*Tip:* The health benefits in tea degrade over time, so drink freshly brewed tea that is hot, but not scalding.

*How to get more:* Replace sodas, sports drinks, juice, and energy drinks with unsweetened green tea.

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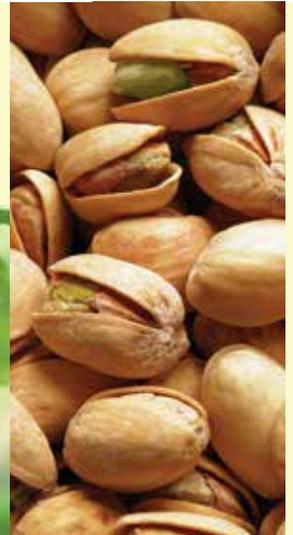
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## Going Green with Eaton

by Eaton Wright, BS, NUT  
Nutrition Expert



In our ever “PC” world, Texas WIC has gone off the deep end. That’s right, since October 1, 2009, Texas WIC has become even more “produce-centered” by allowing participants to purchase fresh and frozen mixed fruits and vegetables (excluding potatoes, of course). To celebrate this new addition to the WIC food basket, our quiz is all about Going Green with WIC.



### Quiz:

1. True or False – The world’s largest and oldest living thing is a mushroom.
2. Which fruit or nut is not related to poison ivy?
  - a. Cashew
  - b. Mango
  - c. Banana
  - d. Pistachio
3. True or False – Tomato is a fruit.
4. All of the following are related to the rose except.
  - a. Apple
  - b. Sloe
  - c. Peach
  - d. Strawberry
  - e. All of the above



### Answers:

1. The answer is true. The organism is a 38 acre fungus believed to be between 1,500 and 10,000 years old located in Iron County, Michigan. It’s a species of *Armillaria bulbosa*, and the above ground mushrooms it produces are commonly called “honey mushrooms.” 🍄 JOKE ALERT 🍄 Why did the mushroom get invited to all the parties? Because he was a fungi. Why did he leave? There wasn’t mushroom. Thank you. I’ll be here all week.
2. The answer is c. I bet you are just itching to find out that bananas are not related to poison ivy. Cashews, mangoes, pistachios and poison ivy belong to the Anacardiaceae family.
3. The answer is true and false. Botanically speaking, a tomato is a fruit. But the Supreme Court says otherwise. That’s right. In 1893, the Supreme Court declared that the tomato is a vegetable, because tomatoes are generally served with dinner and not dessert. Not exactly health care, but fascinating nonetheless.
4. The answer is e. *A rose by any other name would taste as sweet* – WILLIAM SHAKESPEARE. Well, not exactly, but the apple, peach, strawberry and almond are related to the sweet smelling rose.

\* produce-centered — Probably not the PC you were thinking of.

About the author: Eaton Wright is a certified NUT living in Austin, Texas.

## Are You Getting the Recommended Level of Physical Activity?

### Ways to Make It Possible

#### Who should exercise?

The Centers for Disease Control and Prevention (CDC) recommends that children (age 6-17), adults (age 18-64), including healthy pregnant or postpartum women, and older adults (age 64+) should exercise on a regular basis. This means you!

#### What are the current recommended levels of physical activity?

For adults, there are three recommendations for physical activity each week. Choose an option that works best for you.

- 2 hours and 30 minutes (150 minutes) of moderate intensity aerobic activity (i.e., brisk walking) every week, and muscle strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic activity (i.e., jogging or running) every week and muscle strengthening activities on two or more days a week that work all major muscle groups.
- An equivalent mix of moderate and vigorous intensity aerobic activity and muscle strengthening activities on two or more days a week that work all major muscle groups.



#### How do I incorporate activity into my daily life?

While these guidelines may sound intimidating, physical activity is important to your health. You will benefit most by spreading your physical activity throughout the week. You can even get your physical activity in 10 or 15 minutes at a time! Try going for a brisk 10-minute walk three times a day five days a week. This will give you a total of 150 minutes of moderate intensity activity.

Here is an example of how a week's schedule of working out can look:

**Monday:** 30 minute jog before or after work.

**Tuesday:** 30 minutes of yard work or cleaning the house.

**Wednesday:** Rest plus 15 minute walk after lunch or dinner.

**Thursday:** Group fitness class.

**Friday:** 30 minute walk with a family member or the dog.

**Saturday:** Rest plus 15 minute walk after lunch or dinner.

**Sunday:** Work out major muscle groups at the gym.

Remember, working out should incorporate doing what you enjoy most. Anyone's workout schedule can be different yet equally successful at achieving their individual goals. As long as you are moving, do what you enjoy. Examples of different kinds of

*(continued on page WWW — Insert D)*

## Kick Off the New Year with a Challenge

The New Year symbolizes a time to reflect on the previous year's experiences and to start fresh. A great way to kick off the New Year and new you is to participate in a fun and friendly wellness challenge with family, friends, and coworkers. Local Agency #11 successfully began the New Year in 2012 with an employee fitness challenge. Start your own challenge or utilize the challenge created by Local Agency #11 to start fresh and make 2013 about a healthy you!

### LA 11 Employee Fitness Challenge: "Shrink the Scales in 2012"

**What:** Local Agency #11, Galveston County WIC, started the new year off with an employee fitness challenge, "Shrink the Scales in 2012," in which employees engaged in a friendly weight loss competition.

**When:** The challenge began on January 4, 2012, and ended on June 4.

**Who:** The challenge was facilitated by site nutritionist/manager Priscilla Brockington, with assistance from site nutritionist/manager, Brittany Mack. Ten staff members participated in this challenge by paying a onetime fee of \$20 and engaging in monthly weigh-ins. The total collected fee of \$200 would be given to the biggest winner at the conclusion of the challenge.

**How:** To participate in this challenge there were ground rules to follow. Staff had to keep in mind that the purpose of this challenge was to adopt healthy behaviors and not solely lose great amounts of weight. Staff members were encouraged to work out together and to motivate one another, although only one of them would be crowned the biggest winner. Priscilla Brockington, challenge facilitator, suggested the following for staying on track:

- Be realistic about your goals.
- Utilize your cellular devices to download fitness applications.
- Share your goals with family and friends to build a network of support.
- Avoid scale obsession.
- Avoid fad diets, such as: HCG Diets, lemonade diet, diet pills, Atkins diet, body wraps, etc.

**Results:** Of the 10 who began the challenge in January, only three made it to the end: Krystle Griffin, WIC's health educator, Brittany Mack, and Tikeshia Thompson, administrative assistant. All three employees battled to the very end through increased physical activity, controlled portions, and improved diets. But only one would be declared the BIGGEST winner to shrink the scales. The results:

- Brittany Mack's total weight loss percentage: 9.4 percent
- Tikeshia Thompson's total weight loss percentage: 7.1 percent
- Krystle Griffin's total weight loss percentage: 10.6 percent

The winner for the 2012 fitness challenge was Krystle Griffin who lost the most body fat percentage of 10.6 percent with a starting weight of 248 pounds and an ending weight of 222 pounds. Krystle said that her motivation for success was to get off of her blood pressure medications and improve her overall health.

To continue with the mission of fitness, LA #11 has prepared a special fitness challenge that will involve the participation of the WIC clients for the upcoming fiscal year. Monthly tips issued by the state WWW coordinator, to local agency WWW coordinators will be used and combined into a booklet that will be given to staff and clients participating in the challenge. LA#11 hopes to continue their mission of Healthy Staff

and Healthy Families through more challenges and more community and staff involvement to conquer obesity.

CONTRIBUTED BY: KRISTLE L. GRIFFIN,  
HEALTH EDUCATOR

## recipe

### White Turkey Chili from Cooking Light

This white turkey chili is a tasty alternative to the traditional red chili and makes the perfect meal on a cold winter night.

#### Ingredients:

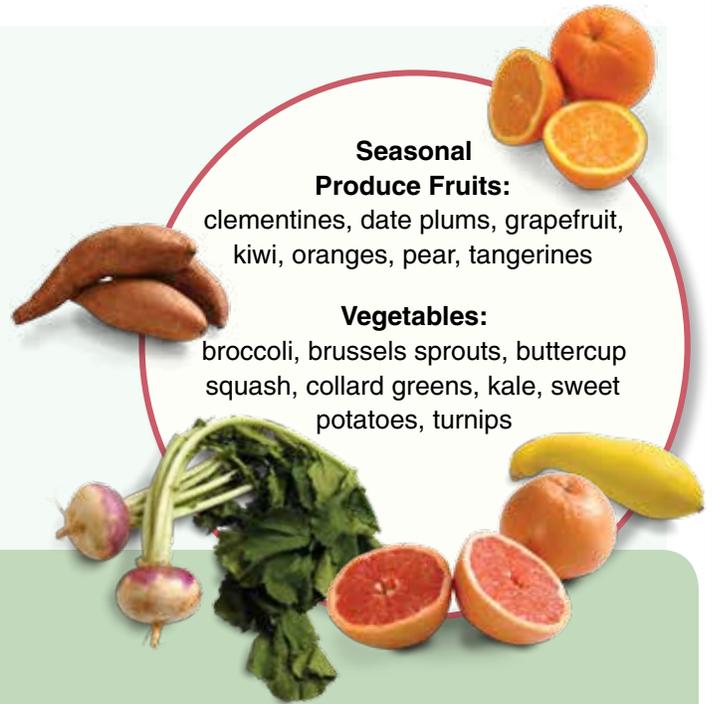
- 1 tablespoon stick margarine or butter
- 1 ½ cups chopped onion
- ½ cup chopped celery
- ½ cup chopped red bell pepper
- 1 tablespoon minced seeded jalapeño pepper
- 1 garlic clove, minced
- 3 cups chopped cooked turkey (about 15 ounces)
- 2 (19-ounce) cans cannellini beans or other white beans, drained and divided
- 2 (16-ounce) cans fat-free, less-sodium chicken broth
- 1 (4.5-ounce) can chopped green chiles
- 1 cup frozen whole-kernel corn
- 1 ½ teaspoons ground cumin
- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup 1% low-fat milk
- ½ cup chopped fresh cilantro

#### Preparation:

Melt the margarine in a large Dutch oven over medium-high heat. Add onion and next four

ingredients (onion through garlic), and sauté five minutes. Add turkey, 1 ½ cups beans, broth, and next six ingredients (broth through black pepper), and bring to a boil. Cover, reduce heat, and simmer 15 minutes. Mash remaining beans. Add mashed beans and milk to the turkey mixture. Simmer, uncovered, 20 minutes or until mixture is thick, stirring frequently. Stir in chopped cilantro.

Nutritional Information Per Serving (1 cup):  
217 calories; 4.6g fat (1.1g sat, 1.3g mono, 1.6g poly); 33mg cholesterol; 25.1g carbohydrates; 19.6g protein; 3.5g fiber; 462mg sodium; 82mg calcium; 3.2mg iron.



#### Seasonal Produce Fruits:

clementines, date plums, grapefruit, kiwi, oranges, pear, tangerines

#### Vegetables:

broccoli, brussels sprouts, buttercup squash, collard greens, kale, sweet potatoes, turnips



## Physical Activity

(continued from page WWW — Insert A)

physical activity include dancing, playing football, walking your dog, playing with your kids, yoga, tennis, yard work, racket ball, climbing stairs, lifting weights, motion activated games, swimming, running, biking, and more! The options are endless.



### When should I exercise?

Exercise when it is most convenient for you. You can exercise in the morning, afternoon, evening, or at different times

during the week; just do whatever works best for you.

### Where should I exercise?

Exercise somewhere that is safe and comfortable for you. The area should be well lit and have other people nearby, if possible. Great places to exercise include your home, the gym, a fitness center, the park, walking or jogging trails, and countless other places.

### Why it is important?

Physical activity encompasses a variety of health aspects. Regular physical activity can help:

- Control your weight.
- Reduce your risk of heart disease.
- Reduce your risk for type 2 diabetes and metabolic syndrome.

- Reduce your risk of some cancers.
- Strengthen your bones and muscles.
- Improve your mental health and mood.
- Improve your ability to do daily activities and prevent falls.
- Increase your chances of living longer.

**Take away message:** Get moving! Exercise when you want, where you want, and how you want most days of the week and stay safe!

CONTRIBUTED BY STEPHANIE LOZANO BURNS,  
TEXAS STATE DIETETIC INTERN

### Resource

Centers for Disease Control and Prevention. Physical Activity for Everyone. CDC Web site. Available at: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>. Accessed December 12, 2011.



Share your wellness success stories for a chance to be spotlighted in Texas WIC News and inspire other WIC staff! Contact your State Wellness Coordinators, Debbie Lehman at [debbie.lehman@dshs.state.tx.us](mailto:debbie.lehman@dshs.state.tx.us) or 512-341-4517 or Katie Lanier at [Katie.Lanier@dshs.state.tx.us](mailto:Katie.Lanier@dshs.state.tx.us) or 512-341-4514.

# National Wear **Red** Day: **Heart Disease Awareness**

by Brittney Adams, R.D., L.D.  
Dietetic and Nutrition Specialist



**H**eat disease is the number one killer among women in the United States, taking more lives than all cancers combined each year. The U.S. Department of Health and Human Services (HHS) sponsors two campaigns that are aimed at increasing awareness and providing education on heart disease prevention for women. The American Heart Association (AHA) and the National Heart, Lung, and Blood Institute (NHLBI) each have a red dress symbol which represents heart disease among women. These programs are mainly targeted towards women 40 to 60 years old, however, the message is relevant to younger women and teens since heart disease can start early and progress with age. With the epidemic rise in obesity, hypertension, and type 2 diabetes, especially at increasingly younger ages, it is expected that heart disease rates will increase accordingly.

## **American Heart Association**

National Wear Red Day (Friday, February 1, 2013) kicks off the Go Red for Women campaign, which helps to bring awareness to and combat heart disease among women. The AHA also has the Go Red Por Tu Corazon campaign for Spanish speakers. Their website promotes awareness in order to prevent heart disease and even has a risk checker application that can be individualized to each user.

## **National Heart, Lung, and Blood Institute**

The Heart Truth is a joint effort between NHLBI, the Office on

Women's Health (OWH), and HHS. Its main goal is to make women more aware of the dangers of heart disease. The Heart Truth focuses on scientific research to develop educational materials for the public. The joint effort has a wide variety of resources on their website such as articles, exercise tips, healthy recipes, and risk factor information.

## **What can we do at WIC?**

WIC can help in efforts to increase heart disease awareness, not only for participants, but also among our staff. We can educate women who come into the clinic on healthy eating habits, including heart healthy diets, to improve cardiovascular and overall health. We can increase knowledge about risk factors for heart disease. Many WIC participants and staff will be affected by heart disease, so it is important to raise awareness. The risk factors include:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive
- Having a family history of early heart disease
- Age (55 or older for women)

To get involved with the campaign, staff can get ideas from the Wear Red website (<http://www.goredforwomen.org/GetOthersInvolved/index.aspx>). The state agency encourages everyone to wear red on February 1, which is National Wear Red Day. When participants

ask about the wear red campaign, staff can explain how the AHA and NHLBI campaigns are trying to help prevent heart disease among women and may direct them to these websites. Many educational resources such as heart health handbooks can be found on NHLBI's website at <http://www.nhlbi.nih.gov/educational/hearttruth/materials/index.htm>.

Some other ideas for gathering support for heart health awareness in February include:

- Hold staff meetings to educate on heart disease among women. You can use the free education materials and slide presentations found at <http://www.goredforwomen.org/GetOthersInvolved/>.
- Use fliers available at <http://www.goredforwomen.org/GetOthersInvolved/> — these cover several topics including exercise tips and delicious, heart-healthy recipes.
- Have sharing sessions to discuss how heart disease has affected lives and help encourage others to make lifestyle changes to reduce heart disease risk.
- Have a luncheon and make recipes which are available from the sites listed above to have a "Heart Healthy Party."

Resources for this article and more information regarding heart disease risk factors and campaign information can be found here:

- <http://goredforwomen.org/wearredday/>
- <http://www.nhlbi.nih.gov/educational/hearttruth/materials/wear-red-toolkit.htm>

PHOTO CONTRIBUTED BY CAPITAL AREA FOOD BANK OF TEXAS



PHOTO CONTRIBUTED CAPITAL AREA FOOD BANK OF TEXAS

## WIC and Food Banks: *More than Just Food*

by Frances Diep, R.D., L.D.  
Nutrition Education Consultant



PHOTO CONTRIBUTED BY SAN ANTONIO FOOD BANK



PHOTO CONTRIBUTED BY SAN ANTONIO FOOD BANK

There were few dry eyes in the audience after hearing Eric Cooper, President/CEO of the San Antonio Food Bank, share his story at the 2012 Nutrition and Breastfeeding Conference about what inspires him to pursue his passion of fighting to feed the hungry. When Eric Cooper found his dad homeless and living on the streets, his desire to help those in need was strengthened. It was undoubtedly a wakeup call that we are all connected in some way and can work together not only to help feed the hungry but also to educate and connect them with resources to help them get back on their feet.

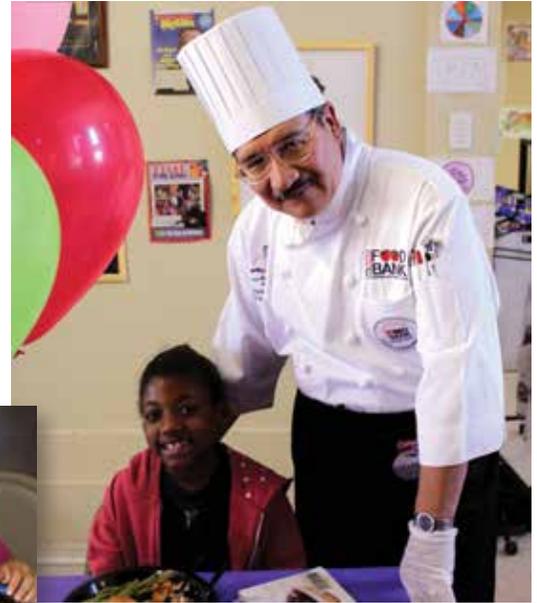
During his talk, Eric Cooper quoted the proverb “Give a man a fish and feed him for a day, teach a man to fish, and you feed him for a lifetime.” This underscores the aspirations of both food banks and WIC to not only provide nutritious foods, but also educate, empower, and support families and individuals with the tools and resources they need to make posi-

tive changes in their lives. WIC and food banks are not only “giving fish” but also “teaching clients to fish.”

Food banks receive donated foods and grocery products from food drives, growers, manufacturers, distributors, wholesalers, restaurants, and retailers, then distribute these items to various partner agencies such as churches, food pantries, shelters, youth programs, soup kitchens, and senior centers. These partner agencies then give food directly to clients in need. While this is at the heart of what food banks do, they are doing much more than just providing food. The San Antonio Food Bank, as well as many other Texas food banks, offer nutrition education programs such as gardening classes, diabetes education, culinary education, and client services to educate the community and connect individuals and families with the referrals and assistance services that best meet their needs. At the San Antonio Food Bank, case workers and food bank staff offer WIC application and appointment assistance and promote WIC services to potential eligible recipients. They also connect clients with other services they may be eligible for such as Medicaid, Supplemental Nutrition Assistance Program (SNAP) food benefits, and Temporary Assistance for Needy Families (TANF).

Food banks and WIC can support each other's goals of doing more than just dispensing food. You can find out more information about programs and services in your area by getting in touch with your local food bank and sharing information about the programs and services offered. Food banks, as well as their partner agencies, also rely heavily on volunteers and donations in order to serve the community. To connect with your local food bank and find out more about programs, services, and volunteer opportunities visit the Texas Food Bank Network website at <http://www.tfbn.org>. Most of Texas food banks belong to the Texas Food Bank Network which is made up of 20 Texas food banks.

Eric Cooper closed his conference session with a big “thank you” for all that WIC does. WIC food packages, referrals, hands-on education, and social support are enriching lives and empowering individuals and families with tools and resources to make positive changes in their lives. Recognize that you have the opportunity to not just “give people a fish” but “teach them how to fish.” Take a moment to recognize the difference that you are making in the community and thank yourself, as well as each other, for all that you do.



PHOTOS CONTRIBUTED BY SAN ANTONIO FOOD BANK

### Texas Food Bank Network

- Food Bank of West Central Texas, Abilene
- High Plains Food Bank, Amarillo
- Capital Area Food Bank of Texas, Austin
- Southeast Texas Food Bank, Beaumont
- Brazos Valley Food Bank, Bryan
- Montgomery County Food Bank, Conroe
- Food Bank of Corpus Christi, Corpus Christi
- North Texas Food Bank, Dallas
- Tarrant Area Food Bank, Fort Worth
- Houston Food Bank, Houston
- South Texas Food Bank, Laredo
- South Plains Food Bank, Lubbock
- Food Bank of the Rio Grande Valley, Pharr
- West Texas Food Bank, Odessa
- Concho Valley Regional Food Bank, San Angelo
- San Antonio Food Bank, San Antonio
- Galveston County Food Bank, Texas City
- East Texas Food Bank, Tyler
- Food Bank of the Golden Crescent, Victoria
- Wichita Falls Area Food Bank, Wichita Falls

For more information visit: <http://tfbn.org/how-we-help/food-banking/food-bank-by-county/>



# Living Green Even While You Clean!

by Katie Lanier  
Nutrition Education Consultant

## **Affecting You and the Environment**

Cleaning products are necessary to tackle a dirty home but can sneak through the drains and toilets into the environment. They are great at making clothes fresh, kitchens spotless, and windows shine but many of these products are skin and eye irritants and may be toxic. Volatile organic compounds (VOCs) found in cleaning products produce vapors that affect the air quality not only in the home but outside, leading to smog formation and ozone depletion. Think about it, if these vapors from our cleaning products are not safe for use during pregnancy, why would we want to be exposed to them at all?

## **Benefits of “Green Cleaning”**

True green cleaning products are biodegradable and when disposed of, do not harm our environment. Green cleaning products have a low toxicity level making them safer for use in the house and around children. Some have a low VOC content, lowering the vapor count, which lessens the harmful effects to the air quality and ozone. Typically these products have reduced packaging or are contained in recycled paper/plastic which helps reduce waste and lessen our “carbon footprint.” When clean-

ers contain less of these hazardous ingredients, especially in commercial use, less money is spent on proper disposal of the materials.

## **What to look for**

Not all green cleaners are created equal. Just as foods can be marketed to be healthy, manufacturers are marketing their cleaners as “No CFCs” and “Phosphate free.” CFC is short for chlorofluorocarbon, which is a compound that depletes the ozone. These labels can grab attention but what consumers may not know is that CFCs and phosphates have been removed from cleaning products for decades. Learning to read labels and checking manufacturers' websites for full disclosure of ingredients can be helpful.

Although marketed in the same manner, cleaning products are not under the same label regulations as food. There are no requirements to list all ingredients in the product and the ingredients that are listed are not necessarily in order of amount. Cleaners with biobased solvents, usually spot removers and laundry detergents, made from natural ingredients such as citrus rind, corn, soy, olives, and pine oil, reduce toxicity and increase environmen-

tal friendliness. Some common brands that boast green products include Seventh Generation, Mrs. Meyers Clean Day, Biokleen, Simple Green, and Green Works.

There are many more in local grocery stores and even though they are all modified to be safer for the environment, these products vary greatly. When determining if a cleaner is green, look for some of the following on the label: no VOCs, nontoxic, biodegradable formula, no harsh fumes, naturally derived, recyclable packaging.

Although some green cleaning products can be more expensive than their counterparts, true financial benefits come from making cleaning products at home.

### Making cleaning products at home

When saving money and being environmentally friendly is a priority, making cleaning products at home is a guaranteed way to accomplish both. There are three magic ingredients that, when mixed properly, can clean just about any surface. The most important thing to remember is to practice safe mixing and storing — be sure to properly label and store all cleaning products away from a child’s reach.

### Vinegar

White vinegar can be used to clean almost anything; the smell will disappear after cleaning.

However, vinegar is not recommended for use on marble. When mixing vinegar solutions, be sure to follow directions carefully; too acidic of a cleaner can destroy tile and grout.

### Lemon Juice

Lemon juice is used to dissolve soap scum and hard water deposits, shine brass, and clean copper. Lemons have a stimulating scent so they are great at covering odors surfacing from the sink. Simply throw a lemon peel in the disposal and let it run. Also, cutting a lemon in half and sprinkling the open face with baking soda provides a natural sponge ready to clean dishes. Testing a small area is suggested because lemon juice can have the same effect as bleach.

### Baking Soda

Baking soda is often used in the refrigerator or at the bottom of a trash can to keep them fresh. Baking soda can also be used to get rid of unwanted odors in laundry loads or sink disposals. A specific type of baking soda called “super baking soda” is the main ingredient for a homemade laundry detergent, and it can be ordered online. Making homemade laundry detergent can be cost effective and eco-friendly.

### Final Thought

Buying green cleaning products at the store or making them at home can have an immense and lasting effect on your home, wallet, and environment.

Mixture	Purpose	For More Details...
Equal parts water + vinegar (best in a spray bottle)	All-purpose *not recommended on marble	About.com <i>Search: Homemade Cleaning Products</i>
1 cup olive oil + 1/2 cup lemon juice	Hardwood Furniture Polish	About.com <i>Search: Homemade Cleaning Products</i>
Pour 1/4 cup baking soda in drain, followed by 1/2-1 cup vinegar. Allow to fizz, then flush with 2 cups hot water.	Drain Cleaner	Thriftyfun.com <i>Search: Vinegar &amp; Making Soda Drain Cleaner</i>
In food processor, 1 grated soap bar until fine texture. Mix with 1 cup super washing soda + 1/2 cup borax.	Powdered Laundry Detergent	Duggarfamily.com See: Family Resources

*\*Test small area to ensure no discoloration*

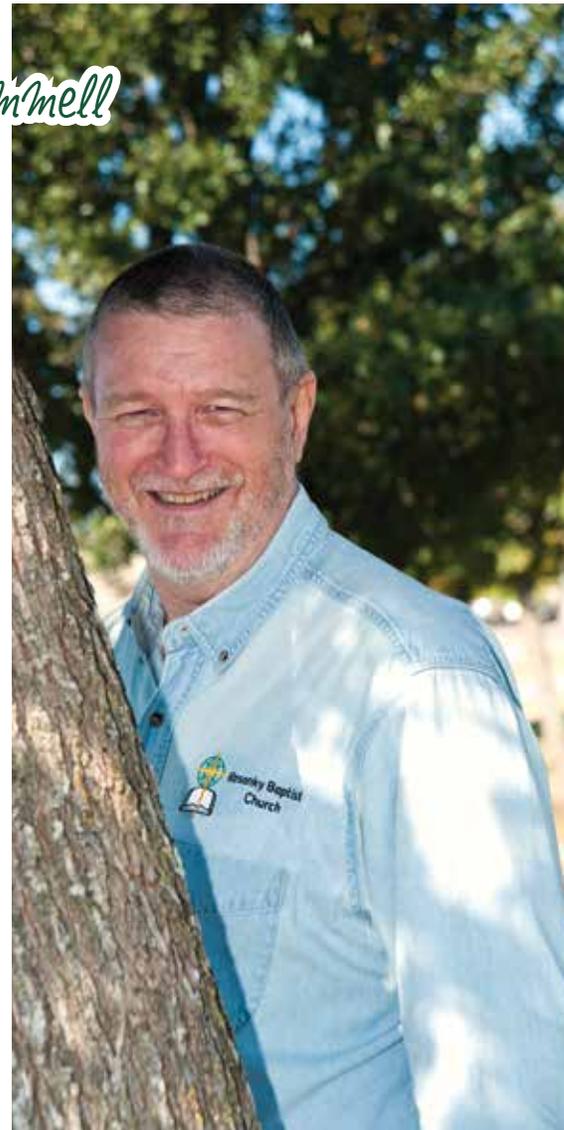
## Mike Trammell

Mike Trammell, systems analyst and team lead for the WIC Field Software Group, looks back on his 21 year career with Texas WIC as being special. *“Any time, wherever I go, when people ask me where I work and I tell them I work for the State WIC program, they always have something good to say about the program.”*

Trammell, who retired December 31, 2012, is known as the “father” of the Texas WIC Information Network (TWIN) software system that has been used since the statewide automation of WIC in 1994. He has continued to change the software system to meet new federal requirements over the past 18 years. He is also responsible for the WIC Inventory Management System (WIMS) that is used to track all automation equipment issued for WIC employees. And for the past three years he worked with a team of WIC program and IT staff to create the necessary documentation to select the vendor who will create the new system for Texas.

Yet, when asked what he felt was his greatest accomplishment at WIC, Trammell cited the day the EBT system successfully passed federal acceptance testing and was cleared for pilot. *“Many of us worked some extraordinary hours, sleeping in our offices or cubicles to make sure we finished the project on time. I have been told that the 800 hours of comp time accrued while working on the project was (and probably still is) the department record.”*

Trammell’s retirement plans include a trip to Korea to visit his wife’s family. In addition, he hopes to finish working on his new house. And, *“Oh yeah, I also plan to smoke the turkeys and hams for WIC’s parties. I want to keep in touch with the great people I’ve had the privilege to work with.”*



## Hilda Tijerina



Throughout her career in the public sector, Hilda Tijerina has served the State of Texas in numerous ways.

Her most enduring service has been to Texas WIC, which started June 1, 1990. Tijerina began as a clerical supervisor and was ultimately promoted to publications coordinator, a new position created to coordinate the printing and storage of supplies and publications for Texas WIC.

*“In the mid nineties I came up with the idea of the paper WIC catalog, which was designed for the local agencies to view when they needed to order WIC publications. In*

## Annie Chapman

This fall, after 19 years with WIC, Program Specialist III Annie Chapman retired from Vendor Services. Chapman handled vendor appeals and inquiries. When payments to vendors or adjustments to vendor claims had to be made by hand, it was her duty to handle it, make it right with the vendor, and make it balance for WIC.

Chapman's supervisor Sandra Bass said, *"Annie was always self-motivated. She was great at research, she knew what needed to be done, and she trained people well. She trained someone to do her job after she left. She was an excellent employee and such a sweet person."*

Annie also was most proud of her mastery of her job skills and her ability to train her team to pick up her duties where she left off.

Over the 19 years Annie worked for WIC, Vendor Services became more automated and Annie's job changed from counting and monitoring paper vouchers to carefully researching lines of computer generated figures. Through it all Annie was the kind of employee who went above



and beyond to make sure vendor inquiries and claims were done correctly.

Annie was involved when WIC and Vendor Services made their latest move to Electronic Benefits Transfer (EBT). She assisted WIC vendor monitors in conducting compliance buys from WIC vendors and even helped test the Kwik Pos EBT system before it was adopted.

In retirement, Annie plans to spend time with her family and play lots of Bingo.

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*2010, I helped develop a user friendly online shopping cart for our WIC local agencies to order,"* Tijerina said.

Tijerina retired Dec. 31, 2012, after serving the state for 26 years 8 months — 22 of which were with Texas WIC.

*"What we do for the women and children of Texas, that's what really got me here,"* she said. *"I'm going to miss my coworkers and being part of a big program that does so much good."*

Moving the Texas Health and Human Services Commission warehouse and Texas WIC warehouse to a new fulfillment vendor and helping

set up the electronic WIC Materials Catalog are among Tijerina's many work-related accomplishments. But, one of her proudest moments came in August 2001 when she received awards for her cost analysis streamlining of the printing of WIC publications.

Now that she's retired, Tijerina is focusing her attention on family and her small businesses. Tijerina and her husband started a Webberville-based restaurant called Lil' Mexican Garden in 1999 and launched a wholesale tree business in 2012.

*"When we first met in 1984, that's what we talked about doing,"* she said. *"It means a lot to be able to focus on the dreams we've always had."*



# Making Baby Food at Home



by Erica Harris, M.S., R.D., L.D.  
Nutrition Education Consultant



Casey Wilburn, I.B.C.L.C., R.L.C.  
Clinical Nutrition Specialist

**S**tarting solid foods is an exciting time for babies and parents. At around 6 months, most infants are developmentally ready to begin adding complementary foods to their diet of breastmilk or formula. Making baby food at home can be fun and easy. This article shares tips from two nutritionists who also happen to be new moms.

## The Basics

Making baby food does not require a special cookbook or fancy gizmos. With a few basic kitchen skills, parents can whip up delicious first foods for their baby in no time. Many parents start with vegetables or fruits, though it's also fine to use meats if the baby is older than 6 months. Here are the basic steps:

1. Wash your hands and all counters, containers, bowls, and utensils.
2. Wash the fruit or vegetable. Peel and remove any seeds.
3. Bake, steam, or boil the food until soft. Do not fry or cook in oil, fat, or butter. Keep foods plain — no salt, pepper, sugar, dressing, or gravy.
4. Add a little cooking water, breastmilk, or prepared formula to the food.
5. Use a strainer, blender, food processor, or food mill to puree the food to the right texture for the baby. For some foods it may just take a fork to get to the right consistency.

## Do's and Don'ts

While it's tempting to get creative, it's best to keep things simple. Here are some basic do's and don'ts for making baby food.

### Do

- Start with single foods only.
- Make sure the food is the right thickness and texture for the baby.
- Gradually make the food thicker and lumpier as the baby gets older.
- Prepare foods in batches and freeze in small servings.
- Serve the food at room temperature.
- Throw out any food left in the baby's bowl after a feeding.

### Don't

- Do not add salt, pepper, sugar, spices, gravy, or sauces to baby's first foods.
- Do not give honey to any infant under one year of age.
- Do not heat food in a microwave, as it can make hot spots that can burn the baby's mouth.

## Storage

Storing baby food doesn't have to be complicated. It's best to store food in an air-tight container and use within 2-3 days. Another easy way to get more mileage for the effort is to freeze the leftovers in small, single serving portions. Here's how:

- Pour the freshly made baby food into an ice cube tray leaving a little room for expansion.
- Cover the tray with foil or plastic wrap, and freeze.
- Remove the frozen cubes and store them in a plastic freezer bag.
- Write the name of the food and date on the freezer bag.
- One or two cubes will make about one serving.
- Use frozen fruits, vegetables, and meats within one month.
- Refillable containers also work well and may be re-used as your baby grows. Just make sure to label each container.

## Tips

**Once a parent learns the basic method for making baby food, the possibilities are endless. It's important to start with single foods and wait five to seven days between new foods to watch baby for signs of an allergic reaction, such as a rash, swelling of lips or tongue, vomiting, diarrhea, or difficulty breathing. But after the baby gets the hang of things, it's okay to mix foods she's previously had and make fun combinations.**

### Casey's tips for parents:

- I have found it very important to offer a wide variety of foods. When fruits and vegetables aren't in season or on sale, buy the frozen single or mixed fruits and vegetables to steam and puree.
- I chose to make Wyatt's food because it's healthy, inexpensive, and very convenient for my busy life-style as a mother of three boys.
- Once Wyatt was finger feeding, most of the same rules applied but, there was no pureeing. I just simply steamed or roasted the foods leaving them in small bite size pieces. When he started with table foods I just added salt, pepper, and olive oil.

### Erica's tips for parents:

- A few easy foods to start with are avocados, sweet potatoes, and bananas. They are soft and smooth, and my baby Scarlett loved them!
- Do batch cooking when you have extra time on the weekends or evenings. Freezing small portions in ice trays is super easy.
- Don't be too hard on yourself. Making your own baby food is fun and healthy, but don't feel bad if you don't always have the time. Sometimes an extra nap is worth your time!

Making baby food at home can be a fun adventure for parents, and is a great way to save money, reduce waste/landfill, and model the healthy habit of cooking meals at home. WIC staff can be a valuable resource to new parents by providing tips and motivation for those who are interested in learning how.



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next issue:

**Celebrating National  
Nutrition Month**