Summer 2015

Frederick County WIC
350 Montevue Lane
Frederick MD 21702
301-600-2507
www.frederickcountymd.gov/WIC

Tips for a Happy Mealtime

Mealtime with young kids can be frustrating. Finding quick, healthy, child-friendly recipes is a challenge. Family meals can be a happy, relaxing time for all family members, even parents! Here are some tips for making your meals happy, good, and on time.

- Slow down, relax, and enjoy each other's company- no TV or phones.
- Get the kids to help and make some choices – Let them pick out fruits and vegetables at the store and do small jobs in the kitchen depending on their age.
- Set an example- eat healthy foods yourself!
- Offer small amounts – let your kids decide how much to eat. Let them stop when they say they are full.
- Let them learn to serve themselves. Teach them to take small amounts at first. Don't worry about a few spills.
- Don't worry if your child skips a meal sometimes. He/she will make up for it later. Make sure you offer meals and snacks every 2-3 hours.
- For new foods, offer just a taste with foods you know they enjoy. Remember patience works better than pressure. Don't give up if the kids don't like the new food right away.
- Offer only water to drink between meals so that your kids are hungry at meal times.

(Information adapted from California WIC)

Recipe: Brown Rice with Sizzling Chicken and Vegetables

Adapted from www.whatscooking.fns.usda.gov

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon brown sugar
- 1-inch piece ginger, grated (optional)
- 1 tablespoon cornstarch
- 1 1/2 tablespoons vegetable oil
- 1 pound boneless chicken breast, cut into 1-inch cubes
- 2 cloves of garlic, minced
- 1 small onion, cut into wedges
- 3 carrots, peeled and thinly sliced into rounds
- 1 1/2 cups small broccoli florets
- 1 red bell pepper, cut into 1-inch pieces

Serves 4

Directions

1. Mix soy sauce, water, brown sugar, ginger (if using), and cornstarch in a small bowl; set aside.
2. Heat oil in a large skillet over medium-high heat. Add minced garlic; sauté about 1 minute until you can smell the garlic.
3. Add the chicken; cook 5-6 minutes, then push the chicken to the sides of the pan.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in the center of the pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir until it thickens.
7. Mix in the vegetables and chicken. Serve immediately over the cooked brown rice.

This is the theme and symbol for World Breastfeeding Week 2015.

World Breastfeeding Week—August 1st - 7th

This year the world breastfeeding week theme, "Breastfeeding and Work. Let's make it work!", highlights the importance of creating a mother-friendly work place no matter what kind of job mom does.

Frederick County WIC will celebrate breastfeeding week with a breastfeeding bingo health and safety fair on August 4th, 2015 from 1-3pm. Information will be available on different topics important to pregnant women and new moms. Included will be: FMH Baby Best Program, immunizations, pregnancy and dental health, car seat safety, information on packing healthy lunches, and a take-home craft.

All pregnant and breastfeeding WIC moms are invited to attend this event in the health department auditorium. Please let us know if you plan to attend by calling, 301-600-2507.

More information can also be found at: MDSummerMeals.org

Free Summer Lunch Program Sites in Frederick

Free lunch is offered to anyone under age 18. Each meal includes a main dish, fruits, vegetables, and milk.

Program Dates:

June 19th—August 21, 2015

Monday—Friday

(closed July 3rd)

Registration not required.

Questions about local sites? Call Sarah McAleavy at **301-600-6263**

Locations:

- Hill Street Park Pavilion, 100 Hill Street -12:30 to 1:30pm
- Stonegate Park Pavilion, 1565 Andover Lane -12 to 12:45pm
- College Estates Park, 1251 Taney Avenue -12:15 to 1pm
- PAL Center, Sagner Avenue -12 to 12:30pm
- Carver Community Center, 209 Madison Street -12 to 12:30pm
- Carrollton Park at Center Street and Prospect Boulevard -12 to 12:45pm
- Amber Meadows Park, 201 Amber Drive -12 to 12:45pm
- Jimmy McGee Memorial Park, 2051 Old Farm Drive -12 to 12:45pm
- Hospital Park, 310 W. 7th Street -12:30 to 1:15pm
- Discovery, 8740 Stauffer Drive, Walkersville -11:30am to 12:30pm
- Kim Weddle Park, N. Maple Ave, Brunswick -12:15 to 1:00pm
- Woodland Park, 10 Frederick Road, Thurmont -12:15 to 1:00pm

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