

**Frederick County WIC**

350 Montevue Lane

Frederick MD 21702

301-600-2507

[www.frederickcountymd.gov/WIC](http://www.frederickcountymd.gov/WIC)



*Cereal: In the Bowl and Beyond*

Cereal can be a healthy part of your family's meals every day. They are easy to make, inexpensive, and flavorful. Cereal can be eaten with milk and fruit as a nutritious way to start your day, or used in recipes beyond the breakfast bowl. Cereals can add crunch, flavor, texture, and nutrients to meals and snacks at any time.

You can buy many different types of cereals with your WIC benefits. The WIC Authorized Foods List has cereals high in fiber, whole grain options, and both hot and cold varieties. Use your WIC cereal benefits to let your family try a new kind of cereal.

When you are looking for a new cereal keep these tips in mind:

- Check the serving size—portion matters
- Look for at least 3 grams of fiber on the Nutrition Facts Label
- Choose whole grain cereals—whole wheat, oats, bran, barley, rye, corn or look for the whole grain symbol in the WIC Authorized Foods List
- Look for lower amounts of sugar—aim for 8 grams or less per serving

Think Outside the Breakfast Bowl:

- ◆ Add cereal to yogurt or cottage cheese for more texture
- ◆ Use crushed cereal instead of bread crumbs in meatloaf or on top of baked fish or chicken
- ◆ Add your favorite cereal to the outside of French toast for extra crunch
- ◆ Use cereal as the topping on a fruit crumble dessert

*Fruit Filled Baskets*

[www.kelloggs.com](http://www.kelloggs.com)

**Ingredients:**

2 1/3 cup Frosted Mini-Wheats (crushed to 1 1/2 cups)

1 egg white, slightly beaten

1 tablespoon butter, melted

1/2 ripe banana, mashed

1/4 cup low-fat plain yogurt

1/8 teaspoon vanilla or cinnamon

1 1/2 cups cut-up fresh fruit (berries, melon, peaches, or kiwi)

1. In a medium bowl stir together cereal, egg white, and butter.
2. Line 6 muffin cups with paper liners. Use the back of a spoon to firmly press cereal mixture on bottoms and up sides of prepared cups. Bake at 350° F about 10 minutes or until beginning to brown. Cool completely in the cups. Peel paper liners off baskets.
3. Meanwhile, in a small bowl stir together banana, yogurt, and vanilla or cinnamon. Cover and refrigerate until needed.
4. Fill each basket with fruit. Spoon yogurt mixture on top. Serve immediately.

## World Breastfeeding Week—August 1st - 7th



This year the world breastfeeding week theme focuses on the idea that breastfeeding is the foundation of lifelong good health for moms and babies. Breast milk is the best food and the only free way to feed your baby. If you are breastfeeding, you will always know your baby will have all of the food they need.

All pregnant WIC participants are invited to attend our Newborn Baby Behavior class. We will discuss newborn cues, sleep cycles, and feeding in the first few months after delivery. This is a good time to ask questions about getting started with breastfeeding and meet other moms with breastfeeding experience. Classes are held every week on Tuesday at 11am, Thursday at 3:30pm, and Friday at 2:00pm. One Saturday per month WIC also has a class at 9am. To schedule a time to come in for the class please call, 301-600-2507.

All Frederick County WIC staff supports your decision to breastfeed. We also have trained breastfeeding staff available to help answer any of your feeding questions, weigh your baby, talk about latch, and just cheer you on!

In August, be sure to watch Frederick County Government channel 19 on Comcast or the Frederick County Health Department YouTube channel to see a former WIC participant talk about her breastfeeding experience and support she received from our staff.

## Free Summer Lunch Program in Frederick County

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

Program Dates:

**June 18—August 31, 2018**

**Monday—Friday**

**(closed July 4th)**

Registration not required.

**Questions about local sites?**

Call Sarah McAleavy,

**301-600-6263**



### **Locations:**

- Hill Street Park Pavilion, 100 Hill Street -12:30 to 1:30 pm
- Stonegate Park Pavilion, 1565 Andover Lane -12 to 12:45 pm
- College Estates Park, 1251 Taney Avenue -12:15 to 1:00 pm
- PAL Center, Sagner Avenue -12 to 12:30 pm
- Carrollton Park, Center Street and Prospect Boulevard -12 to 12:45 pm
- Windsor Gardens Apartments, Key Parkway -12:00 to 12:30pm
- Mullinex Park, Bentz Street—12:30 to 1:00 pm
- Discovery, 8740 Stauffer Ave. Walkersville -11:30 to 12:30 pm
- Brunswick Library, N. Maple Ave, Brunswick -12:15 to 1:00 pm
- Several Frederick County Public Schools are serving breakfast and lunch this summer. For locations, times, and dates visit [www.fcpsnutrition.com](http://www.fcpsnutrition.com)

**Maryland WIC**

Better Nutrition Brighter Future

1-800-242-4942 | [www.mdwic.org](http://www.mdwic.org)



Larry Hogan, Governor  
Boyd Rutherford, Lt. Governor  
Robert R. Neall, Secretary, MDH

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