

Sherburne County WIC NEWSLETTER

Fall 2021

ARE YOU GETTING ENOUGH VITAMIN D?

Vitamin D is an important nutrient that helps build strong bones and to keep our cells healthy.

Most of our vitamin D comes from absorbing the sun through our skin. Unfortunately, we don't get enough of this sunshine in Minnesota and we wear sunscreen to reduce our risk of skin cancer.

Some foods, like salmon and eggs, have a small amount of vitamin D. Milk has vitamin D added to help us get enough. Even if we eat these foods, we probably aren't getting enough vitamin D!

Vitamin D Recommendations

Infants	400 IU / day
Children	600 IU / day
Adults	600 IU / day

A multivitamin or vitamin D supplement can help adults, kids, & babies meet their needs. Ask your health care provider or WIC nutrition educator for more information on vitamin D & how to choose the right supplement for you!



DID YOU KNOW?

MA will cover vitamin supplements for kids and pregnant women. Ask your doctor for a prescription!

WIC AGENCY UPDATES AND RESOURCES

WIC WILL CONTINUE OFFERING REMOTE APPOINTMENTS AT THIS TIME.

- Call 763-765-4116 if you have questions about your next WIC appointment.

Need help with energy bills? SCAN ME



Plan, Discover, and create your shopping list with Prepear App.

BREASTFEEDING BABY CAFE

Beginning September 14th 9:30-11:30 a.m.
St. Cloud Area Y - Conference Room A

The Baby Café supports all aspects of breastfeeding/pumping - from before baby is born to weaning to mom's return to work.

At this free support group, you can expect:

- A relaxed, informal, child-friendly environment with open-forum discussions and a chance to meet other moms.
- To receive up-to-date information from knowledgeable staff.
- To learn breastfeeding techniques.

The Baby Café will take place the second and fourth Tuesday of each month. Please call if you have questions, 320-251-2700, ext. 51990.

*** No Appointment Needed ***
If schools are cancelled or if on a holiday, the Baby Café will be cancelled.



Fall Recipe

APPLE CHICKEN QUESADILLA

INGREDIENTS:

5 peppercorns
 2 cloves garlic
 1 chicken breast
 1 apple

1 grated carrot
 2 oz grated cheese
 2 whole wheat tortillas
 Salsa

Directions:

- Fill a large pot with enough water to cover the chicken. Add the black peppercorns. Smash and add garlic. Bring to a boil.
- Add chicken to the boiling water. Cook chicken for 15 minutes in boiling water.
- While the chicken is cooking, cut apple in half and remove the core. Slice thinly. Shred carrot and cheese.
- Once chicken is cooked, remove from heat and allow to cool in the liquid for 15-20 minutes. Transfer chicken to separate cutting board and shred.
- On a tortilla, add shredded chicken, cheese, carrot, apples, and salsa. Fold the tortilla over at half-way point to cover the filling.
- Cook the tortilla in a large pan over medium heat until the cheese is melted and both sides are golden brown. Continue in this way with each filled tortilla.

APPLE FUN FACTS



Over 2,500 varieties of apples are grown in the U.S.

The average apple tree produces 840 pounds of apples per year

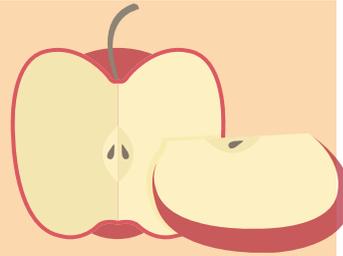


The largest apple ever picked was 3 pounds!

Apples are a member of the rose family



Astronaut John Glenn brought applesauce into space during the first orbit of Earth



It takes 36 apples to make 1 gallon of cider




child and teen checkups

C&TC is for children and teens, from birth to 20 years of age, who are enrolled in a MN healthcare plan.



Healthy children are more likely to grow up to be healthy adults.

Regular checkups give parents and health care providers an opportunity to check children's growth & development, identify any concerns, and treat them early to prevent bigger problems later on.

To learn more, call
 763-765-4000