

WIC UPDATES &
RESOURCES

PEER
BREASTFEEDING

SUBSTANCE USE
RESOURCES

NATIONAL
NUTRITION MONTH &
ACTIVITY

Sherburne County WIC NEWSLETTER

Spring 2022

WIC AGENCY UPDATES & RESOURCES



Formula Recall Substitution List

Parent Support Outreach Program (PSOP)

Healthy Eating Routine for Baby

National Nutrition Month (NNM) Recipe Video

When is my next appointment?

Check your Message tab on your My MN WIC app for your next appointment date and time!

If you need to reschedule, please call 763-765-4116!

Add WIC as a contact in your phone, so you never miss our call!



WIC Garden

Did you know we have our own WIC garden?

Last season we donated over 175 lbs of produce to the local food shelf!

Spring Produce in MN!



WIC Peer Breastfeeding Program

We are excited to announce our new Peer Breastfeeding Counselor Program that will be available this Spring! Participating in our program provides you with an experienced breastfeeding mom (peer counselor), to help support you on your breastfeeding journey! Whether you are a first time mom, or a veteran, having additional support is helpful for your breastfeeding goals!

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

Alcohol, Tobacco, & Substance Use Resources

Trying to quit smoking? Quit Partner can help!

Additional resources for substance abuse:
Alcohol, Tobacco, and other Drugs Fast-Tracker
New Beginnings Minnesota
MN Recovery Connections



National Nutrition Month: Celebrate a World of Flavors



Beef Lok Lak or ឡូកឡាក់សាច់គោ is one of the French-inspired dishes in Cambodian cuisine. Beef used to be a luxury ingredient in Cambodia which is why this dish was mostly served at formal events, such as wedding banquets. However, nowadays this only happens in rural areas. In Cambodia, this dish is served on a bed of lettuce, tomatoes, and onions with a dipping sauce of lime juice, salt and black pepper.

BEEF LOK LAK

Preparation time: 20 minutes

Cooking time: 25 minutes

Serves: 6-8

INGREDIENTS

- 2 lbs of beef tenderloin
- 5 cloves of garlic
- 2 tablespoons of cooking oil
- 1 teaspoon of salt
- 1.5 tablespoons of palm sugar
- 2 tablespoons of Chinese cooking wine
- 2 tablespoons of oyster sauce
- 2 tablespoons of soy sauce
- 1.5 tablespoons of sesame oil
- Medium head of lettuce
- 2 medium sized ripe tomatoes
- 1 small red onion
- 4 eggs
- Salt and Pepper Sauce:
 - 1.5 tablespoons of sea salt
 - 1 tablespoon of pepper (fresh ground is best)
 - 5 tablespoons of fresh lime juice



Recipe by Somadee Cheam MPH RD LD

DIRECTIONS

- Fry eggs sunny side up. Finely chop the garlic. Wash and thinly slice the onion. Separate the lettuce leaves, wash them well and drain. Wash and thinly slice tomatoes.
- Cut the beef tenderloin into 2-3 cm cubes and marinate with sea salt, palm sugar, Chinese cooking wine, oyster sauce and sesame oil for 5-10 minutes.
- Put a frying pan on high heat with cooking oil. Add the chopped garlic and stir until the garlic browns a little. Pour the marinated beef into the frying pan, along with all the marinade and cook for 5-7 minutes depending on how rare you would like the beef to be.
- To make the sauce, grind pepper into a bowl and add sea salt and lime juice and mix well.
- On a large serving plate prepare a bed of lettuce as the first layer, sliced tomatoes as the second layer and slice onions as the third layer. Pour the cooked beef over the bed of vegetables and place fried eggs on top. Accompany the plate with the salt and pepper sauce and serve with steamed rice.

Celebrate a World of Flavors and watch Somadee Cheam, Registered Dietitian, prepare Beef Lok Lak at home!

Video Link
[Here!](#)

NATIONAL NUTRITION MONTH ACTIVITY!

Participate in National Nutrition Month by making a favorite cultural dish, and sharing it with you WIC team! Submit all recipes to WIC@co.sherburne.mn.us to be entered into a prize drawing!

Details: Submit your recipe to WIC@co.sherburne.mn.us by May 31st! We will have a prize drawing early June.

We'd love to share family favorites in our next summer newsletter!

Fruits from Around the World

Fruits are a staple food around the world and more recently grocery stores are beginning to make more exotic varieties available.

[Learn more](#) about where some these fruits originate and have a taste test for a fun family activity!

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