

Growing Healthy Families

WIC Newsletter • Summer 2016

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VERMONT DEPARTMENT OF HEALTH • 1-800-649-4357 • www.healthvermont.gov



Summer fun

Fairs and festivals

Create a special outing with your family by enjoying what Vermont has to offer! There are many fairs and festivals happening this summer all around the state, including county fairs, kids' festivals, family music events, parades, and more.

Here are some coming up this summer:

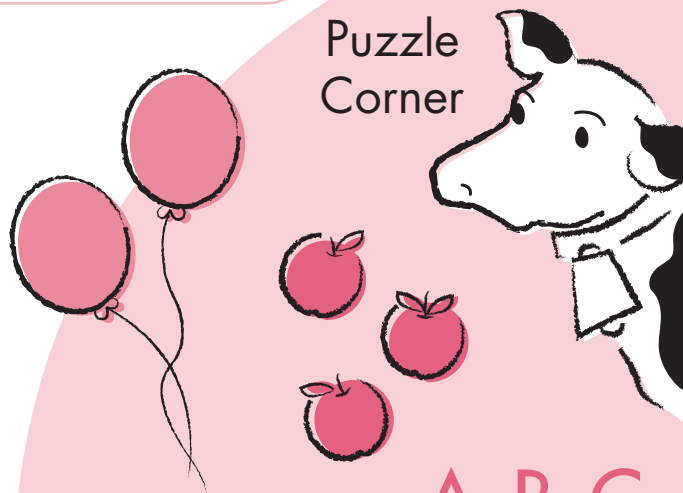
- Strolling of the Heifers, June 3–5, Brattleboro
- Lamoyille County Field Days, July 22–24, Johnson
- Franklin County Field Days, August 4–7, Highgate
- Addison County Fair & Field Days, August 9–13, New Haven,
- Orleans County Fair, August 17–21, Barton
- Deerfield Valley Farmers' Day Fair, August 18–21, Wilmington
- Caledonia County Fair, August 26–30, Lyndonville
- Champlain Valley Fair, August 26–September 4, Essex Junction

Farms

Summer is also a wonderful time to visit farms. Many are open to visitors and have special events especially for families with young children. Some even have pick-your-own berries!

Check out the website links for fairs, festivals and farms on the mailer side of this newsletter.

Puzzle
Corner



Match the letter to the picture.

A B C

Yogurt

Yogurt is one of the most popular fermented dairy products in the world, made by adding live bacteria cultures to milk. The friendly bacteria in yogurt are called “probiotics.” Probiotic means “for life.” Eating yogurt with live and active cultures may help your body have a healthier balance of the good bacteria it needs for better digestion and to build a strong immune system. Like milk, yogurt is also a good source of protein, calcium, potassium, and vitamin B12. Some has vitamin D (check the label).

Yogurt is available plain and flavored (sweetened). Greek yogurt is strained, making it thicker and creamier tasting, with more protein than regular yogurt. The amount of fat in yogurt depends on the type of milk it is made from.

Yogurt has many uses. You can eat it as is, add fruit, dip it, spread it — you can even freeze it (see recipe).

If you don't have yogurt on your eWIC card and would like to, call your WIC office to request it.

With your eWIC card, you can purchase low-fat or fat-free varieties of regular and Greek yogurt for children over 2 years and women. Children 1–2 years of age can get whole milk yogurt varieties. Check your WIC Program and Food Guide for specific brands and sizes, including local Vermont brands.

Here are some ideas you can try:

- Make a breakfast parfait layering yogurt, cereal, and fruit
- Top waffles or pancakes with yogurt and berries
- Enjoy a delicious smoothie blending yogurt, fruit and milk
- Use yogurt for salad dressings, and as dips for fruit and veggies
- Serve plain yogurt in place of sour cream on quesadillas, tacos, baked potatoes, soup and chili
- Use plain or flavored yogurt in place of some of the butter or oil in recipes for cookies, cakes and muffins

August events

August 1–7 is World Breastfeeding Week
Celebrate!

August 15–21 is Vermont Open Farm Week
Visit farms around Vermont to learn about what happens on the farm and how food goes from the farm to your plate. Find participating farms at www.diginvt.com.

Yogurt Bark

Serves 5

32 oz. flavored yogurt (try vanilla or strawberry)
2 cups fresh or frozen blueberries, raspberries or sliced strawberries

Cover a sheet pan or cookie sheet with foil, waxed paper or parchment paper. Spread yogurt on the covered pan, to make a thin layer (about ½ inch). Sprinkle fresh or frozen berries on top. Place in freezer for about 5 hours. Lift the foil or paper off the pan, then break the frozen yogurt into large, bite-size pieces. Serve immediately, or keep in a freezer bag in the freezer to enjoy later.

Nutrient analysis per serving: calories 190, protein 10 grams, carbohydrates 32 grams, fat 2.5 grams, sodium 130 milligrams, fiber 1 gram (with low-fat vanilla yogurt, and 1 cup each fresh blueberries and strawberries)

eWIC update

WIC families around the state are now shopping for their WIC foods at the grocery store. With the eWIC card, families are enjoying more flexibility, choices and convenience in their WIC foods.

Check out the Shopping with WIC video on YouTube or at www.healthvermont.gov/wic/shop_eWIC.aspx — it's a good overview of shopping with the eWIC card.



Along with your Family Food Benefits List, use the WICShopper smartphone app to help choose the right products at the store.





Ask Dr. Lewis First

Q: My child has eczema. What causes this and what can I do to help?

Dr. First: I have been itching to answer questions about children's eczema, so let me do more than skin the surface on this topic.

Eczema is a skin condition in which the skin gets red, irritated, and forms tiny red bumps that can ooze fluid or crust over. It commonly starts on the cheeks, forehead and scalp and then spreads to the arms, legs and eventually the trunk. It is often found in the bends of elbows, behind knees or in the backs of wrists and ankles.

Eczema can be a result of exposure to an allergen (like pollen, mold, dry winter air, harsh soaps and detergents, exposure to wool fabrics, tobacco smoke, stress, or even sweating) that triggers the inflammatory reaction in the skin.

Often eczema runs in families, occurring in about 10% of children, often starting in infancy and almost always before a child turns 5. It is not contagious. About half with eczema will develop other allergies (such as to hay fever) and possibly asthma, whereas about half will see it resolve by adolescence.

The key to dealing with eczema flare-ups is to prevent them — and the best way is to avoid frequent long hot baths which can dry the skin. Instead, go with brief showers or baths of warm water and use a mild soap. Pat your child dry instead of vigorous drying that can irritate the skin further. Use a moisturizing ointment such as petroleum jelly to lock in moisture. Keep your child hydrated to keep the skin moist.

Eczema flare-up with lots of scratching and itching is usually treated with steroid creams or ointments applied daily to the affected areas along with an antihistamine for itching. There are some nonsteroidal prescription ointments that also reduce inflammation. Occasionally if the rash starts to ooze pus, an antibiotic may be prescribed to treat bacterial germs that have entered the inflamed area.

Hopefully tips like these will provide you with the “rash-ional” information you need when it comes to knowing about eczema and how to deal with it.

Dr. Lewis First is Chief of Pediatrics at the University of Vermont Children's Hospital.

Stay connected

The Vermont Department of Health and the District Offices are on Facebook. Stay connected and up-to-date by finding us on Facebook through links at www.healthvermont.gov.

Yummy veggies + fruits = summer

The Vermont Farm to Family Program provides WIC participants age 6 months and older with free coupons to be used at participating farmers' markets around the state. Attend a Farm to Family activity and up to two eligible WIC participants in your family will receive a free coupon book (worth \$30) to spend on fresh, tasty vegetables and fruits at the farmers' market.

For dates and times of the Farm to Family activities being held in your community, check the insert that came with this newsletter. A limited number of free coupon books are available, so please come early.

Enjoy the harvest with the Vermont Farm to Family Program.



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In summer,
the song
sings itself.

~William Carlos Williams

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- **Recipe: Yogurt Bark**

Fairs, festivals and farms websites to check out:

www.vermontvacation.com/things-to-do/arts-and-heritage/fairs
www.findandgoseek.net/category/fairs-festivals
www.findandgoseek.net/category/outdoor-activities-farms-orchards
www.pickyourown.org/VT.htm
www.findandgoseek.net/category/berry-picking

