

Growing Healthy Families

WIC Newsletter • Spring 2018

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

Moms get it done



Happy Mother's Day! May 13, 2018

Thanks, mom, for all you do! You are Mom Strong!
#momstrong

"Eggs-cellent!"

Springtime may bring up images of eggs, green grass, flowers blooming and all things new. Eggs are a simple food you and your family can enjoy in spring, or in any season, anytime of day — breakfast, lunch, or dinner, even snacks. There is so much you can do with eggs — scrambled, fried, hard boiled or poached; omelets, quiche, frittata or French toast. The list goes on...

Eggs really pack a nutritional punch too. Did you know that a single egg has just 70 calories, 6 grams of high-quality protein, and also contains choline, iron, and important B vitamins? Protein helps you feel fuller longer, helps build and maintain muscles, and helps you stay energized when eaten as a part of meals and snacks throughout the day. Choline is an important nutrient for your body's cells, and especially important for pregnant women, for fetal brain development and prevention of certain birth defects.

When cooked properly, eggs are a safe, healthy and convenient food for you and your family to enjoy.

The WIC food packages for women and children includes medium or large, white or brown eggs — that's "eggs-cellent!"

Go to www.incredibleegg.org/cooking-school for tips on selecting, storing, cooking and baking with eggs and "get cracking" with the easy recipe in this issue for "Mixed-Up Eggs and Spinach."

start here

end



Puzzle Corner



Save money and eat well with EITC and 3SquaresVT

It's tax season again! Vermonters who made under \$53,930 in 2017 may qualify for the Earned Income Tax Credit (EITC), designed to boost the income of working families and worth up to \$6,318 as a tax credit or refund. Income guidelines are based on tax filing status and number of dependent children in the home. Families who receive the Vermont EITC are income eligible for 3SquaresVT food benefits, saving money not only on taxes, but also on grocery bills, with the average 3Squares benefit over \$200/month. Plus children who get 3SquaresVT can also get free school meals. Dial 2-1-1, free from anywhere in Vermont, for information about free tax help services and to learn about 3SquaresVT and school meals. Or go to www.vermontfoodhelp.com for more information.

Mixed-Up Eggs and Spinach *ChopChop magazine*

Here's a nice green breakfast that combines spinach, a favorite dark green vegetable, with the long-acting energy you get from eggs. Delicious! Sprinkle with some grated cheese for extra yum or try it wrapped in a whole wheat tortilla (available with your WIC whole grains) for a meal you can take on the go!

Serves 2

- 4 large eggs
- 1 cup clean spinach, finely chopped
- 2 Tbs. scallions, greens and whites chopped (or save whites for "Sprouting scallions" in this issue!)
- ¼ tsp. salt
- 1 Tbs. olive oil

Crack the eggs into the bowl and use the fork to beat the mixture well until the yolks and whites are blended and pale yellow.

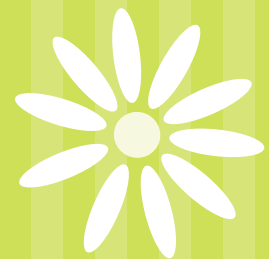
Add the spinach, scallions, and salt and mix well.

Put the skillet on the stove and turn the heat to medium. When the skillet is hot (flick some water on it — the drops should dance and sizzle), add the oil.

Add the egg mixture and let it cook for 1–2 minutes. Start carefully flipping portions of the eggs, so that you do not fully scramble the eggs but rather gently toss them.

When fully cooked (no more runny-looking egg), divide the eggs between the two plates. Serve right away.

Nutrient analysis per serving: calories 140, protein 7 grams, carbohydrates 1 gram, fat 12 grams, sodium 370 grams, fiber 0 grams





Sprouting scallions

ChopChop magazine

It's fun to grow plants from kitchen scraps. Scallions are also known as "green onions," and they grow fast! This is a great and easy project to do with kids.

1 bunch scallions
1 small jar
Water
Kitchen scissors

Use the scissors to cut the green tops of the scallions (use in the recipe in this issue), leaving the root end and 1 to 2 inches of the white bulb.

Put the scallions in the jar, and add enough water to come up about halfway up the scallions.

Put the jar in a sunny place and wait. Change the water whenever it looks cloudy, or add more if it gets low. In about one week, you'll have enough green growth to cut off and use! As long as the scallions look healthy and bright green, go ahead and keep growing and using them.

Ask Dr. Lewis First

Q: How can I introduce my child to music?

Dr. First: Parents have been asking me a symphony of questions about introducing their child to music.

Listening to music is certainly enjoyable, and has added benefits. Children who actively participate by singing, playing, or dancing do better in reading, and demonstrate better focus, goal-setting, concentration and cooperation.

Active participation is also shown to be associated with better math and science performance, since music helps build reasoning skills and cognitive development. It also improves peer relationships and one's self-esteem, and high school students involved with music are more likely to do better on their SATs and go on to college.

Perhaps the best reason to enjoy playing or listening is that it's fun. Early years are a great time to expose your child to a wide array of genres, from classical to country to jazz. It's only from third grade on that children become more focused on popular and up-tempo styles like rock, which is not bad unless it's the only type of music they are exposed to.

Is there a best way to introduce your children to music? Not really, but there are lots of great ways. For example, you could share songs from your childhood or adolescence with your children. Sing in the car or put music on while you are doing chores or your child is playing.

You might combine dancing with music to help your child gain better control of their body movements to the beat, which allows them to build concentration and self-control skills (check out "Stop, Drop and Dance" in your newsletter insert *Fit WIC Fun & Games* page). Make listening to music together a family activity. Introduce a new type each week to the entire family — adults and older children can talk about why they do or do not like it. Outdoor concerts and festivals are great for children to learn about music because they can dance and move around and not bother others.

Hopefully tips like these will tune everyone up when it comes to recognizing the importance of introducing your child to music.

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We nourish families.



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April prepares her
green traffic light and
the world thinks Go.

~Christopher Morley

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