

# Worcester WIC Program

Summer 2006

The WIC federal income guidelines have increased to serve more families! If you know of anyone who applied for WIC at the beginning of this year but was not eligible because of income please share this with them. They may now qualify.

<u>Household size</u>	<u>Weekly income</u>	<u>Yearly income</u>
1	\$349	\$18,130
2	\$470	\$24,420
3	\$591	\$30,710
4	\$712	\$37,000
5	\$833	\$43,290
6	\$954	\$49,580
7	\$1,075	\$55,580
8	\$1,196	\$62,160

**Remember: Pregnant Moms count as two!**

Guidelines shown are as of April 18th 2006.

The Massachusetts Women Infants and Children Nutrition Program (WIC) improves the health status of families by providing nutrition and health education, nutritious foods, and referrals to other health and social service agencies. WIC achieves this by working with community, retail food vendors, state and federal partners.

WIC is federally funded by the USDA and is supported by state funds from Massachusetts. WIC is administered by the Massachusetts Department of Public Health.

Your Worcester WIC program is locally administered by Family Health Center  
26 Queen St. Worcester MA

Your child has YOU and You have WIC!

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Family  
Health  
Center  
  
of Worcester

  
WIC

# A New Way to be seen at WIC!

## Introducing Group Appointments!!

Recently we've begun to celebrate our infant's 1st year recertification appointments by having a "1st Birthday Party at WIC" They have been a great success!

Ask your nutritionist if you can be scheduled into the Children's 1st Birthday Group at your child's one year recertification appointment. Parents receive a small gift for their child.

Children's Groups are also available for our children over age one. These are for follow up appointments and are a great way to share information with other parents and discuss issues that you may not be the only one facing! While you are in your children's group, your checks are printed and waiting for you once the group is concluded. The result is great information being shared and faster, more efficient service!

If your organization is in need of updated WIC posters or brochures or you'd like to have WIC at one of your community events please

contact

Wendy Blas

Community Coordinator

508-860-7854



## WIC Kid Fun Recipe

### Crunchy Frozen Bananas

- 4 Firm ripe bananas
- 8 Wooden sticks with rounded ends
- 1 to 2 containers (6 ounces each) of Yoplait Custard Style Lowfat Yogurt (any flavor)
- 3 Cups of WIC Cheerios Cereal

1. Cover cookie sheet with wax paper

2. Peel bananas; cut bananas crosswise in half, insert wooden stick to cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet.

3. Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer.

## Parents need to play too!

**Statistics show that parents who have a regular hobby like sports, exercise, etc. have reduced stress levels!! So take some time just for you to PLAY! Your kids will thank you for it and so will your heart!!**

## Pregnancy corner

### Exercise and pregnancy

**Exercise or physical activity can make you feel great!**

**Exercise during pregnancy: Gives you more energy, Helps you sleep, Helps your circulation, Decreases back aches and constipation, Makes you feel better about your self, Makes delivery easier.**

**To start an exercise program check with your doctor first, Choose low impact exercises like walking, swimming, biking etc. Wear proper shoes and clothing. Start slow and end slow.**

**DONT OVER DO IT!**

**15-30 minutes at a comfortable speed**

**3-5 times a week**

**Stop if you feel pain, dizzy or short of breath.**



# Nutrition Corner

## Soft drinks and Kids

by Ferideh Heshmapatour Nutritionist at the Queen Street WIC program.

Flavored, Carbonated drinks have been around for years and the popularity of soft drinks continues to grow. A study in the Journal of the American Dietetic Association found that 25% of adolescents drink more than two cans of soda per day and one out of eight preschool children drink nine ounces of soda per day.

Many children who drink too much soda are missing out on crucial nutrients like calcium, riboflavin, vitamins A and C and folate as well as taking in extra calories. This can lead to tooth decay, weak bones and obesity. It is important to read the labels of non carbonated drinks or vitamin fortified drinks as well. These drinks can have high sugar and calorie content and a low percentage of fruit juice.

As parents and caregivers, it is important that we encourage healthy choices for our children. Water and diluted fruit juices are the best alternatives to soda and non-carbonated drinks.

## Celebrate!!

### Dates to remember

- 😊 June 25th America's Kids Day
- 😊 Last day of School
- 😊 June 21st Worcester
- 😊 July 4th Independence Day
- 😊 July 23rd Georgeous Grandmother Day

## WHAT'S GOOD IN YOUR HOOD?

Looking for places to go and have fun this summer? Here are some of the local events in Worcester where you and your family can have fun!!

- **June 17th Fathers Fest at Institute Park**
- **June 23rd Great Brook Valley Neighborhood Block Party and Health Fair**
- **June 24th African Community Resource Fair at YMCA Central Branch on Main Street**
- **June 25th South East Asian Festival at Mount Carmel Church**
- **June 30th Plumley Village Health Fair at Plumley Village**
- **August 19 & 20 2006 Latin American Festival at City Hall Common Downtown Worcester**

Look for WIC at these events!!

We hope to see you there!



# Go to the WIC Office Nearest YOU!



WIC is a unique health and nutrition education program serving pregnant and postpartum women, infants, and children under the age of five.

Visit the WIC location nearest you in the Worcester area!

**PLEASE NOTE: Worcester WIC offices are CLOSED the 4th Thursday OF EACH MONTH**

**Family Health Center**  
26 Queen Street  
Worcester MA 01610  
Tel: 508-860-7744

**Great Brook Valley WIC**  
19 Tacoma Street  
Worcester MA 01605  
Tel: 508-853-2904



**Plumley Village WIC Site**  
16 Laurel Street, Lower Level  
Worcester, MA 01608  
Tel: 508-799-9392

**Millbury WIC Site**  
(Wednesday Only)  
Federated Church, 20 Main St  
Millbury MA 01527  
Tel: 508-865-5308



TO:

**Family Health Center**  
26 Queen Street  
Worcester, MA 01610  
If your address has  
changed please call  
(508) 860-7854

