



## Memorandum

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**#16-034**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Amanda Hovis, Director  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** March 22, 2016

**SUBJECT:** **Updated / Re-designed Calcium Materials:**  
Bulletin Board Lesson, PB-000-01: *Calci-YUM!*  
Brochure: *EveryBODY Needs Calcium*

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The bulletin board lesson, *Calci-YUM!* has been re-designed and content updated. The display components will be mailed to local agencies. Each local agency should receive enough displays for each clinic sites to display at their discretion.

### ***Calci-YUM!* Bulletin Board Lesson | PB-000-01**

- This lesson, updated and redesigned in the format of an interactive bulletin board, emphasizes the importance of calcium and offers practical tips for the whole family. Topics covered in the display include: health benefits of calcium; common list of dairy and non-dairy foods that contain calcium; daily calcium recommendations for children and adults; example serving sizes; tips for getting enough calcium; and take home recipes that are high in calcium and kid friendly. Upon completion, qualified WIC staff should review the lesson evaluation with the participant and address the participant's concerns before issuing NE credit.
- The corresponding bilingual recipe cards are available for order and print from the WIC catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>.
  - Vegetable Stir-Fry with Tofu Recipe Card (Stock # 13-06-14714)
  - Mango Parfait Recipe Card (Stock # 13-06-14715)
  - Mexican Snack Pizza Recipe Card (Stock # 13-06-14716)
- Components of this bulletin board lesson can also be downloaded and printed as low-resolution, 8.5" x 11" modular components at <http://www.dshs.state.tx.us/wichd/nut/spllessons-nut.shtm>.

- If you would like to add this lesson to your current *Nutrition Education Class Schedule*, please make the change to your online *Class Schedule* at <http://wicstaffapps.dshs.texas.gov> or contact your State Nutrition Education Liaison for additional information.

**Calci-YUM!**

**Calcium helps you:**

- Build strong bones.
- Have a healthy blood pressure.
- Keep muscles and nerves healthy so you can play with your family.
- Have strong teeth and a beautiful smile.

**What foods have calcium?**

Dairy foods are the best source of calcium:

- Milk
- Yogurt
- Cheese
- Cottage cheese

*Keep the nutrition, lose the fat. Fat free and low-fat (1%) dairy foods have all the nutrition of whole fat dairy foods, but less calories.*

**Can't eat dairy or don't like it?**

If you don't like dairy, or if you have lactose intolerance or a milk allergy, you can still get calcium without milk. Try some of these non-dairy foods with calcium:

- Calcium-fortified orange juice, grains, or cereals
- Fortified soy milk
- Tofu made with calcium sulfate
- Pinto, white, garbanzo, and soy beans
- Canned salmon or sardines with bones
- Almonds, sesame and sunflower seeds
- Spinach, broccoli, okra, kale, arugula, and turnip greens

**How Much Do You Need?**

The number of servings of calcium you need every day depends on your age. The recommended daily amounts are:

- Children 1-3 years old: 2 servings
- Children 4-8 years old: 2 ½ servings
- Children 9 years and older: 3 servings
- Adults: 3 servings

**What Counts as a Serving?**

These foods count as one serving of calcium

- 1 ½ ounces cheese
- 1 cup yogurt
- 1 cup milk or calcium-fortified soy milk
- 1 cup firm tofu made with calcium sulfate
- 1 cup calcium-fortified orange juice
- 3 ounces canned sardines or 5 ounces canned salmon (eaten with bones)
- 1 ¼ cups cooked dark green vegetables, such as spinach or broccoli

**Tips for getting enough calcium:**

- Switch it up. Try different non-dairy sources of calcium to keep your taste buds happy.
- Make smoothies with milk or yogurt.
- Dip fruit and vegetables in yogurt or cottage cheese.
- Use milk to cook oatmeal and creamy soups.
- Add seeds or nuts to cereals and salads.
- Add beans to soups and salads.

**Take a high calcium recipe home to try today.**

***EveryBODY Needs Calcium* brochure is now available!**

- This brochure discusses the importance of calcium and offers tips for getting enough calcium daily. Included is a list of foods that are good sources of calcium and a sample menu high in calcium.
- Available to download electronically in English and Spanish, from the WIC catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>. Additionally, printed copies in English and Spanish will be available to order from the WIC catalog. To order, use stock # 13-06-14687 (English) and stock # 13-06-14687A (Spanish).
- This brochure replaces the previous brochure titled *Calcium* (stock # 13-8 & 13-8A).



EveryBODY Needs  
**Calcium**

**Calcium:**

- Is an important mineral for your family.
- Builds strong teeth and bones.
- Keeps your nerves and muscles healthy.
- Helps prevent bone disease, heart disease, and colon cancer.



If you have any questions or require additional information about these materials, please contact Kelley Reed, RD, Nutrition Education Consultant, at 512-341-4580 or [kelley.reed@dshs.state.tx.us](mailto:kelley.reed@dshs.state.tx.us).