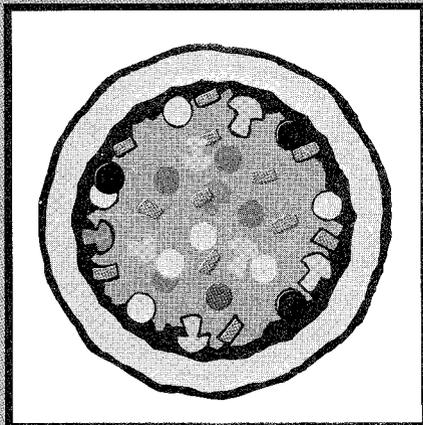


Veggie Pizza Snack



English muffins, cut in half
For each half English muffin,
you will need:

- 1 tablespoon tomato sauce
- ¼ cup any kind of chopped
vegetables (mushrooms,
broccoli, carrots)
- 1 slice or 1 ounce grated
cheese

Preheat oven to 325° F. Spray a
cookie sheet with nonstick
cooking spray like PAM™.

Let your children:

- Spread tomato sauce on the
English muffin.
- Sprinkle the vegetables and
cheese on top.

Place each half, cheese-side up,
on a cookie sheet. Bake until
cheese melts, about 10 minutes.
Serve as snack or meal.

WIC FOR YOU

Texas Department of Health

Volume 8/Issue 5

Keep Your Child on WIC Up to Age 5



The first five years of your child's life are so important. Your child's brain, muscles, and bones grow very fast during these years. Regular checkups and healthy foods help your child grow and stay healthy. Did you know your child may be able to stay on WIC until his fifth birthday? WIC can check your child every six months to see if he qualifies. Give your child the best you can - keep him on WIC up to 5 years!

1. How is my child growing? Every six months WIC will check your child's weight and height. WIC staff will put your child's weight and height on a growth chart. The chart shows how your child is growing. You can find out if your child is taller than average, shorter than average, underweight, overweight, or having a growth spurt. If your child is not growing like he should, the WIC nutritionist can give you information about what you can do to help, or you may be referred to a doctor. Make sure your child is healthy and growing, Pet WIC check your child's height and weight every six months

2. Is my child anemic? The iron level in your child's blood will be checked every six months at WIC. A low iron level in the blood is called anemia. Untreated anemia can cause serious learning problems, so checking the iron level is important. If **your** child is anemic, you will be counseled on what you can do to increase your child's iron.

3. What foods will my child receive after 1 year? If your child continues to requalify every six months, you can get WIC vouchers until your child is 5 years old. You will receive vouchers for milk, cereal, eggs, cheese, juice, and beans or peanut butter for each month. These foods have many important vitamins and minerals that your child needs to grow and be healthy.

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Ask WIC?

Q I really want to keep my child on WIC, but I work until 5 p.m. What can I do?

A Many WIC clinics stay open after 5 p.m. or on the weekend to help you fit WIC into your schedule. Call your WIC clinic and ask about appointment times after 5 p.m.

Q I don't have a doctor for my daughter, can WIC help?

A Yes, WIC can help you find a doctor or clinic for your child. Ask your WIC staff for information about doctors or clinics that can see your daughter. WIC can also give you information about Medicaid, Food Stamps, and AFDC.

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4. How can I get my child to eat right? Is your child a picky eater? Does he seem to eat too much? Are you having problems getting your child to stop drinking from the bottle? Your WIC nutritionist or nurse can help with any worries you may have about your child's eating habits. Also, several times a year you will attend a nutrition class with other WIC parents. These classes are about nutrition, feeding children, parenting skills, stretching your grocery budget, cooking, and much more.

5. How can I protect my child from diseases like whooping cough, measles, and hepatitis? Most WIC clinics give free shots to children in WIC up to 5 years old. WIC will give your child all the shots he needs to start school. Your child can get the shots during your regular WIC appointments so you don't have to make an extra trip to the clinic. These shots will help protect your child from many dangerous diseases.

Recipe for Growing a Healthy Child

Give daily hugs and kisses.
Take lots of walks and trips to the park.
Sprinkle in nightly bedtime books and stories.
Add singing and coloring to taste.
Mix in a dash of small chores for children.
Blend in a bunch of laughter.
Mix with lots of healthy foods, regular health and dental checkups, and immunizations,
Sprinkle in family, friends, neighbors, and classmates.
Place all-ingredients together in a loving home and watch your child grow

JUST FOR KIDS

Have a grown-up help you fill in the blanks and then draw around your hand with a pen or pencil. Cut out and keep for a record of who you are today.

Watch Me Grow!

My name is _____

I am _____ years old.

I am this tall

_____ feet _____ inches.

I weigh _____ pounds.

Draw around your hand.