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National Nutrition Month 2017: “Put your best fork forward!”



10 Ways to eat more fruits/veggies!

1. Use as pizza toppings in place of meat
2. Replace chips with crispy vegetables & dip!
3. Make yummy kabobs & use as a grilled side!
4. Replace the candy bowl with a fresh fruit bowl
5. Puree fruits/veggies and use as sauces in your main dish!
6. Top potatoes or rice dishes with beans or salsa!
7. Use fruit as the base for a healthier dessert!
8. Add fruit to oatmeal, pancakes, waffles for a morning treat!
9. Scramble up breakfast with omelets including spinach, broccoli, or peppers!
10. Swap the bread for a lettuce wrap– sandwiches just got a new crunch & less calories!



Recipe Corner: Garlic Roasted Asparagus

Ingredients:

- 1 1/2 pounds fresh asparagus spears
- 2 - 3 cloves garlic, thinly sliced
- 2 - 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions:

1. Preheat oven to 450 °F. Snap off & remove bases from asparagus. Place asparagus and garlic in a 15x10x1-inch baking pan. Drizzle with oil and sprinkle with salt and pepper. Toss to coat.
2. Roast for 10 to 15 minutes or until asparagus is crisp-tender, stirring once halfway through roasting. Serve immediately.



New E-WIC Card System is in place & easier to use than ever!

Please contact your local **WIC** office to schedule an eligibility screen for our family, clients, and patients.



Smart Snacks: 300 calories or less!

- 3 cups air-popped popcorn with 3 tbsp. grated parmesan
- Triple treat veggies: 6 baby carrots, 10 snap peas, 6 cherry tomatoes & 2 tbsp. reduced fat ranch
 - 6 inch flour tortilla with 1/4 c black beans & 2 tbsp. salsa
- Yogurt parfait: 6 oz fat free yogurt, 1/2 assorted berries, 1/4 c granola
 - Whole wheat pita & hummus
- Banana "split": open face banana, 1/2 c yogurt & 1 tbsp. chopped nuts
 - Trail mix: 20 almonds, mini raisin box, 1/4 c sunflower seeds

WIC Locations:

WIC Neighborhood Health Clinics, Inc.

1725 South Calhoun Street
Fort Wayne, IN 46802
260-458-2641

WIC Southeast Clinic

3350 East Paulding Road
Fort Wayne, IN 46816
260-423-2585

WIC Auburn Clinic

265 North Grandstaff Drive
Auburn, IN
260-925-1740

WIC Albion Clinic

774 Trail Ridge Road, Suite B
Albion, IN
260-636-2600

This institution is an equal opportunity provider.

We increased our income guidelines!

Families already receiving Medicaid, SNAP, and TANF are income eligible for the WIC program.

Household * Size	Annual income up to \$ (total before deductions)	Monthly income up to \$ (total before deductions)	Weekly income up to \$ (total before deductions)
1	\$21,978	\$1,832	\$423
2	\$29,637	\$2,470	\$570
3	\$37,296	\$3,108	\$718
4	\$44,955	\$3,747	\$865
5	\$52,614	\$4,385	\$1,012
6	\$60,273	\$5,023	\$1,160
7	\$67,951	\$5,663	\$1,307
8	\$75,647	\$6,304	\$1,455
Each additional family member, add	+7,969	+642	+148

If you are pregnant, count yourself as two(2).

For households with more than 8 members, add \$7,696 annual income for each additional member.

**Household means a group of people (related or not) who are living as one economic unit.*

Allen-DeKalb-Noble-WIC-Breastfeeding

