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C NOT JUST FOR BABIES

WIC benefits are for children up to their 5th birthday, pregnant women, and breastfeeding mothers.

Contact WIC today

- Learn more at nj.gov/health/fhs/wic
- To locate the WIC office nearest you call 1-800-328-3838 (24 hours).

Take advantage of ALL that WIC has to offer.

Good food and a whole lot more!

- Checks for healthy foods
- Nutrition education and wellness events
- Breastfeeding education and support
- Healthcare referrals

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sigh Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the <u>USDA Program Discrimination Complaint Form</u>, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington. D.C. 20250-9410;
- 2. fax: (202) 690-7442 or
- 3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.







Jersey WIC

Helps You Grow Amazing Kids!



Look What You Can Save with NJ WIC!



Shopping with WIC Saves You Money.

Call 1-800-328-3838 for the WIC Office nearest you.

Foods for Each Child

Average value \$55 per month

WIC is your source of healthy meals and snack ideas for your child.

Foods for a Pregnant Woman

Average value \$60 per month

WIC provides healthy foods to help make sure mother and baby are healthy.

Foods for a Breastfeeding Woman

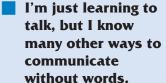
Average value \$65 per month

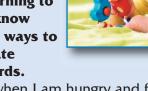
WIC gives breastfeeding moms more food.

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My new WIC foods are fun!

Now I am a toddler. I drink from a cup, not a baby bottle. I am ready to try your foods.





- ❖ I know when I am hungry and full. I will provide the signals, if you pay attention, you won't miss my cues.
- ❖ I like little surprises! Serve me a food you know I like with a new food. Keep trying, it might take more than a few tries.
- Let's start small. Try 1 tablespoon sized serving of a new food.
- I might spit out a food that tastes good, while I am learning to move food to the back of my mouth.
- Just like you, somedays I am hungrier than others. Don't worry if I am not interested in a meal or a snack.

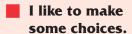
Give me safe foods.

- I need soft, bite size foods.
- Thin sliced foods are easy.
- Let's skip foods I can choke on: raw hard vegetables, nuts, popcorn, dried fruits, chunks of meat, and hard candy.
- Learn more about how one-year-olds eat at www.NJWIConline.org.

Ideas to try:

Look what I can do!

I like to say no! It's my way of saying I want to do things for myself.



If you buy mostly healthy foods, let me make choices between them.

I like routines. Steps to make our family mealtimes relaxed:

- Shut off the TV and cell phone, and wash our hands.
- Help me into my high chair or booster seat at the table with the family.
- Don't forget I only use a kid size spoon or fork, plate and cup.

I can eat and will learn to like most foods. Notice the signals I give you that mean I am full.

- Let's start with small portions, and help me to learn that I can ask for more.
- Don't beg me to eat, or fix other foods for me.
- Let me change my mind. I may like a food one day and not the next.

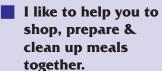
Check out the Healthy Eating Lesson on www.NJWIConline.org.

It's all about Growing a Healthy Child.

Ideas to try:

Please play with me!

I feel good when I help. I will probably eat better too!



- Let me pick out the fruit and veggies at the store and rinse them before we eat.
- ❖ I can put things on the table, and in the trash.
- Let's name and count the foods just for fun.

You can help me learn to keep our family meals relaxing.

- If you hold the bowl, I can take a spoonful of food.
- Let's practice to say "Please" and "Thank You."
- Please say you are proud of me.

Learn more at www.NJWIConline.org.



Ideas to try:

I can ask for more!

Help me be healthy!



- Help me to remember to eat only when I am hungry.
 - I like it when you let me decide how much to eat.
 - It is fun when I listen to my body for the "I am full" signal.
- ❖ I like family mealtime when we talk, respect each other, and get connected.

■ Teach me how foods help me grow and learn.

- Grains give me energy to grow and think.
- Vegetables and fruits help my body fight germs and stay healthy.
- Milk builds strong bones and teeth.
- Meat and beans make strong blood and muscles.

I am excited about starting school but you will always be my favorite teacher!

- Thank you for setting a good example. Sooner or later, I will do as you do.
- Let's learn more about healthy eating on www.NJWIConline.org.

Ideas to try: