



# Women, Infants and Children Program

# THE SPLASH

## Norfolk

ISSUE 3 • JULY 2020



## SUMMER IS HERE!

BY VINCE FALZONE

The sun is shining brightly and the outdoor temperature is getting hotter. Our Norfolk WIC Clinics still remains closed to reduce the spread of the coronavirus (COVID-19). We will keep you posted about our reopening. All appointments will be held over the phone. To update your contact information, send us an email.

If you have any further questions or concerns, feel free to contact us.



*Appointments*

757-985-4856



*Email*

[norfolkwic@vdh.virginia.gov](mailto:norfolkwic@vdh.virginia.gov)



*Text*

"WIC" to 757-828-6672

## NORFOLK WIC PROGRAM NEWSLETTER

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# PREPARING YOUR FAMILY



## Emergency Supply Kit

It is important to have food, water and other supplies that will last for at least 72 hours after a disaster. An emergency supply kit will prepare you once the event has ended. Make sure your emergency kit is stocked with basic items discussed on the video. Many items are inexpensive, easy to find and could save your life. Visit [Ready.gov](http://Ready.gov) for a full list of items to include in your kit.

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Norfolk WIC Program

Email us at  
[norfolkwic@vdh.virginia.gov](mailto:norfolkwic@vdh.virginia.gov)

# STAFF SPOTLIGHT

## Lauren Inman

WIC Nutritionist  
Associate



### **What sparked your interest to work for WIC? Do you have any previous WIC experience?**

My mother was a WIC participant when I was a child. I have been a WIC participant for my daughter, so I knew about the benefits of the program. When I became pregnant with my daughter, I realized the importance of nutrition for growth and development. I aspired to study nutrition and help others with their overall health. WIC is perfect fit for my interests.

### **What is a typical work day for you?**

A typical work day is full of appointments and phone calls! The phones are ringing as soon as the day begins and I try to reach out to as many people as possible. I answer calls and questions, schedule appointments, and complete daily appointments.

### **What is the most rewarding part of your job? Most challenging?**

The most rewarding part of my job is offering nutrition education to our participants. There are so many tips and tricks that goes with parenting. Advice from family members can be outdated. I like to provide scientific data for problems that many parents have. It can be difficult to decipher the best thing for your child when there are so many voices telling you what to do. The most challenging part of my job would be not being able to take all the cute babies home with me!!

### **What would you tell a parent that has a picky eater?**

I start with asking what foods the parent eat in the house. Children model behaviors after the people around them. If the parent is not fond of something like vegetables, they probably are not exposing their child to very much vegetables. They may not even buy them often enough to have them in the house. I suggest going to the store and have your child help you pick out a vegetable (or other food item they are struggling with). Your child can be your little helper in the kitchen. Children can help you prepare by stirring, rolling, tearing and mixing ingredients together. Children learn by doing. Getting yourself and the child involved can help make progress towards them liking new things. I picked out a recipe specifically for a picky eater on Page 4.

# PICKY EATING AND CHILDREN

If you're having trouble with a picky eater, the following tips may help make meals more enjoyable for the whole family.

## Be a good role model

This is the most important tip of all for parents because studies have shown that children learn eating and exercise habits from their parents.

## Offer a healthy variety of foods

Even the choosiest children manage to eat a balanced diet when they are given healthy choices. Offer vegetables, fruits, whole grain breads and pasta, low-fat milk and low-fat protein sources every day.

## Stick to your menu.

Encourage your child to eat small amounts of everything offered at mealtime. A tablespoon of each item per year of age is a good rule of thumb. If your child rejects a meal, don't make a big deal about it, but don't make something else.

## Avoid junk food.

Keeping junk food and sweetened beverages out of the house will go a long way toward improving the family diet and avoiding unhealthy snacking.

## Let the child help.

Children are more likely to eat food they help prepare. Younger children also like food that looks fun, like pancakes or sandwiches cut into shapes with cookie cutters. Consider growing your own tomatoes, lettuce, blueberries, strawberries and other fruits and vegetables.



Content Courtesy of CHKD.org Parenting Resources

**Lauren Inman's  
Picky Eater Pick**

*Check out the recipe  
below for the picky eater*

## Anytime Pizza

### Ingredients

**1/4 mini baguette or Italian bread** (split lengthwise, or 2 split English muffins)

**1/2 cup pizza sauce**

**1/2 cup mozzarella or cheddar cheese** (part-skim, shredded)

**1/4 cup green pepper** (chopped)

**1/4 cup mushrooms** (fresh or canned, sliced)

**vegetable toppings** (other, as desired, optional)

**Italian seasoning** (optional)

### Directions

1. Toast the bread or English muffin until slightly brown.
2. Evenly spread pizza sauce to the top bread or muffin.
3. Sprinkle vegetables and low-fat cheese to the top of the pizza.
4. Sprinkle with Italian seasonings as desired.
5. Return bread to toaster oven or standard oven at 350 degrees.
6. Heat until cheese melts.

**Serving Size:** 1 Slice, 1 English muffin or 1/2 of recipe (144g)



Recipe courtesy of ChooseMyPlate.gov

# WIC UPDATES



## Text "WIC" to Apply

If you are interested in applying for WIC services,  
Text the keyword **"WIC"** to  
**757-828-6672**

**Note:** Voice calls and voicemails are **NOT** enabled through this service.

## NEW INCOME GUIDELINES

On July 1, 2020, the WIC guidelines have changed. If you did not previously qualify, You may now be eligible. Call us to make an appointment.

Effective Dates: July 1, 2020 to June 30, 2021			WIC INCOME GUIDE		
Economic Unit	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$23,606	\$1,928	\$984	\$908	\$454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,045	\$5,421	\$2,711	\$2,502	\$1,251
Each Additional Member Add	+\$8,288	+\$691	+\$346	+\$319	+\$160

## DID YOU KNOW?

Don't delay! Register your child for Kindergarten  
[Click the link for more info](#)



WIC is an equal opportunity provider

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