

LET'S EAT HEALTHY!

Belmont County WIC Newsletter

September, 2025

Pack a Healthy Lunch

When your child goes off to school, make sure he has a healthy lunch. Avoid unhealthy foods such as high fat lunch meats and cheeses, potato chips and other salty snacks, white bread, soft drinks or sweetened juice drinks, and sugary desserts.

Use whole grain bread for sandwiches and try 100% whole wheat tortillas, pita pockets, and mini bagels. Look for lean lunch meats and lower fat cheeses. Top off a sandwich with lettuce and tomato, avocado, or apple or pear slices.

Finger foods often appeal to children. Try cheese sticks or lunchmeat squares with whole grain crackers. Children often like halved cherry tomatoes or cucumber slices. Berries and halved grapes are also good. You can even use cookie cutters to cut food into fun shapes!

Children can dip vegetables into hummus, cottage cheese, guacamole, fresh salsa or homemade bean dip. Fruit slices taste good dipped in yogurt (or peanut butter if allowed at the school). Try the Maple Cinnamon Greek Yogurt Dip on the back of this newsletter.

Don't forget to send milk or have your child buy milk at school.

Back-to-School...



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Read labels before buying packaged desserts and snack foods. Some have too much sugar and fat. Look

for whole grain crackers, cottage cheese and fruit, string cheese, low-sugar granola, low-sugar yogurt, and fruit packed in its own juice.

Bake healthy desserts and freeze individual portions until needed.

Adapted from University of Idaho Extension "Mealtime Inspirations Quick Tips 2016" with permission from author Laura Sant.



Department of
Health

Women, Infants, and
Children Program (WIC)

WIC Supports Breastfeeding
This institution is an equal
opportunity provider.

Pack a Safe Lunch

Use an insulated lunch box or bag and a frozen icepack. If you don't have an icepack, pack a frozen water bottle with the lunch.

Use warm soapy water to clean your child's lunch box or bag every day.

Wash your hands before preparing your child's lunch and make sure counter surfaces are clean.

Wash fruits and vegetables and rinse fruits that must be peeled such as bananas and oranges.

If there is a refrigerator at school, tell your child to put his lunch in it right away.

Tell your child not to save perishable food for snacking later in the day.

Make sure your child washes his hands before eating.

From: Keeping your Food Safe and Packing a Safe Lunch for School at www.eatright.org

Use Your Farmers' Market Coupons

Don't forget to use your Farmers' Market coupons **by October 31!** Keep your coupons in a safe place. They cannot be replaced if lost or stolen.

Children Who Are Back in School Still Need Exercise

At least one hour of physical activity a day helps kids to:

Feel less stressed
Feel better about themselves
Be more ready to learn in school
Keep a healthy weight
Build sturdy muscles, bones, and joints
Sleep better at night

More time in front of the TV means less time playing and running. Parents should limit TV, video game time, and computer time. They should set a good example by being physically active themselves. Exercising together can be fun for everyone. Some easy ways for kids to stay active include walking or biking to school, jumping rope, going to the playground, and participating in organized sports programs.

Article from: NIH Medline Plus
<https://medlineplus.gov/magazine/issues/fall13/articles/fall13pg20.html>

Maple Cinnamon Greek Yogurt Dip with Apples

Serves: 4

Ingredients

- 1/2 teaspoon – cinnamon
- 1 cup – Greek yogurt, plain
- 1 1/2 tablespoon – maple syrup, pure
- 2 medium – apples

Directions

1. Mix cinnamon with yogurt; stir in syrup to taste.
2. Core and slice apples.
3. Enjoy!

Used with permission of Super Healthy Kids,
<https://www.superhealthykids.com/apples-maple-cinnamon-greek-yogurt-dip/>

Pack a Safe Lunch During Pregnancy

If you are pregnant, be a little more careful when packing your lunch.

Don't use deli meats on sandwiches unless you can reheat the meat until it is steaming. Deli meats may carry Listeria, which can infect the baby or cause miscarriage.

Store-made salads such as ham salad, egg salad, chicken salad, and seafood salad can also contain Listeria. To be safe, make them at home following the food safety basics: clean, separate, cook and chill.

Don't eat raw seafood of any kind (including that in sushi). It may contain parasites or bacteria including Listeria.

Don't use rare or undercooked beef or poultry because it may cause toxoplasmosis.

Avoid soft cheeses such as Brie, Feta, Camembert, Roquefort, Gorgonzola, and Mexican style cheeses such as Queso Blanco and Queso Fresco, unless you are sure that they are made from pasteurized milk. Cheeses made from unpasteurized milk may contain E. coli or Listeria.

From: FoodSafety.gov

Breastfeeding Moms Go Back to Work or School

You don't have to stop breastfeeding when you go back to work or school. Breastfeeding Peers will suggest:

1. Start pumping and introduce baby to the bottle before you go back but wait at least a month after birth to introduce baby to the bottle). Your baby may take the bottle better if someone other than you offers the bottle to him.

2. Talk to your boss or student services about your breastfeeding needs before you start back. By law, most employers must provide break time and a space for nursing mothers to pump breast milk for up to a year after the baby's birth.

Both Belmont College and Ohio University Eastern have comfortable, private lactation rooms for nursing moms. They will help you schedule your classes so there will be time to breastfeed your baby or pump.

Many local high schools are willing to provide private space to pump. Just ask!

Are Your Kids Getting Enough Sleep?

Children who get enough sleep are likely to do better in school.

*Preschoolers (3-5 years old) need 10-13 hours of sleep (including naps) daily.

*Children (6-12 years old) need 9-12 hours of sleep daily.

*Teenagers (13-18 years old) need 8-10 hours of sleep daily.

From CDC (Centers for Disease Control and Prevention)
https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html