

WIC to Provide Extra Fruits and Veggies through December 31st

On Sept. 30, 2021, President Biden signed the Extending Government Funding and Delivering Emergency Assistance Act of 2022 into law. Under this act, the U.S. Department of Agriculture (USDA) was directed to increase the monthly fruit and vegetable cash value benefit for WIC clients. This cash value benefit (CVB) increase has been approved by Congress through December 31, 2021. If the benefit is extended beyond this date, Michigan and Livingston County WIC will let you know.

The increased benefit applies to pregnant people, people up to 6 months postpartum, breastfeeding people, and children over the age of 1. Infants are not included. This benefit can

be used at participating WIC grocery stores, but cannot be used at farmers markets. Fresh, frozen, and canned fruits and vegetables can be purchased using this benefit.

CVB values (per month):

Children - \$24

Pregnant/non-breastfeeding postpartum - \$43

Breastfeeding people - \$47

MAKE SHOPPING EASIER WITH THE WIC CONNECT APP!



Android



iOS

Recipe Resources

Use the following resources to find delicious, nutritious recipes made with WIC-approved ingredients. Keep your WIC Food Guide handy as you search for recipes. The recipe featured on the following page was found on Doctor Yum!

Doctor Yum

- Go to doctoryum.org
- Navigate to the menu and click "Recipes"
- Search "WIC Food Package"

Health eKitchen

- Go to wichealth.org and sign in
- Scroll down to "Health eKitchen"
- Click on "View Recipes"



JUST ASK WIC

Are you having trouble finding WIC foods at your local grocery store?

Do you have questions about which foods are and are not covered by WIC?

**Call our office today:
517-546-5459**



Livingston County WIC In-Person Client Visits

Livingston County WIC is hoping to begin seeing WIC clients in person beginning in early 2022. In the meantime, WIC staff will continue to hold visits over the phone. Stay tuned for more information about when in-person visits will resume.

Cooking Matters Virtual Class



A free virtual class about shopping on a budget and selecting healthy foods at the grocery store is being offered by Gleaners Community Food Bank. Participants will receive a \$10 grocery gift card for attending this Zoom workshop and completing a short survey.

December 15, 2021, 1:00-2:00pm

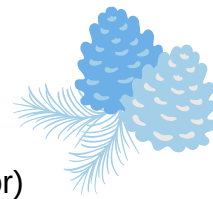
Register on or before December 14th at:
bit.ly/3nukJ12



Sweet Potato Chili Recipe

Ingredients:

- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 bell pepper, chopped (any color)
- 1 cup corn (2-3 ears off the cob)
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 teaspoons cocoa powder (unsweetened)
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground cinnamon
- 1 15 oz can black beans, drained and rinsed
- 1 15 oz can kidney beans, drained and rinsed
- 2 sweet potatoes, peeled, cut into ½ inch cubes
- 2 15 oz cans fire roasted diced tomatoes
- 1 cup water



Directions: Heat olive oil over medium heat. Add chopped onion, garlic, peppers, and corn. Saute until soft. Add sautéed veggies and rest of ingredients to slow cooker. Stir. Set slow cooker for 7 hours on low, or set for 4-5 hours on high. Add desired toppings.

Baby food option: Use a blender to blend the chili very smooth for new eaters or leave some texture as your baby advances.

WIC Breastfeeding Peer Counselor



JENNIFER KAISER

Email: jkaiser@livgov.com

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving, and support

Breast milk is the best source of nutrition for baby.

Support is so important and we are here for you.
Call or text Jen today!

