

March is National Nutrition Month!

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. This year's theme is "Fuel for the Future". Eating with the future in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. These key tips from the campaign can help you improve your and your family's nutrition:

Eat with the environment in mind. Enjoy more plant-based meals. Purchase foods with minimal packaging. Buy foods in season and shop locally when possible. Start a container or backyard garden to grow food at home.

Eat a variety of nutritious foods. Include healthful foods from all food groups and incorporate your favorite cultural foods and traditions. Avoid diets that overly restrict what you can eat.

Make an appointment with WIC's Registered Dietitian (RD). An RD can give you and your family nutrition information to help you meet your individual goals.

Stay nourished and save money. Plan your meals and snacks. Use a grocery list and shop sales. See what food you have at home before purchasing more. Choose recipes ahead of time to make during the week. Visit Health eKitchen in wichealth.org for meal ideas using WIC foods.

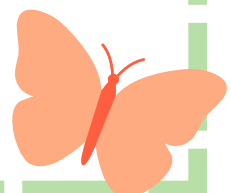
Create tasty foods at home. Learn cooking and meal prep skills (ask WIC for tips!). Try new flavors and foods from around the world. When you can, create happy memories by eating with friends and family.



Michigan WIC to Offer Only Similac Brand Formulas

Starting March 1, 2023, Michigan WIC will offer only Similac brand formulas. Similac Advance, Sensitive, Total Comfort, and Soy Isomil are making their way back on to store shelves. If you are having trouble finding formula, call our office at 517-546-5459. Learn more about WIC-approved formulas here: <https://bit.ly/3XtaRDe>.

Reminder: Do not feed your baby homemade formula. Do not water down formula to stretch it further. Do not feed your baby cow's milk or plant-based milk until speaking with your pediatrician.



Easing Your Child's Constipation

Constipation, or difficulty pooping, can be painful, stressful and embarrassing for kids and it takes a toll on parents, too. If your child is struggling with constipation, they're not alone. Fewer than two bowel movements a week can qualify as constipation in children.

Talk with your pediatrician if your child's constipation lasts longer than two weeks or if they have a fever, vomiting, swelling of the abdomen or bloody stool.

Here are some ideas for easing your child's constipation at home:

- Make sure your child is hydrated.
- Encourage at least 30 minutes of physical activity every day.
- Try a warm beverage in the morning. Leave plenty of time after breakfast for your child to use the bathroom before heading out the door.
- Look for foods that are high in fiber, like whole grains, vegetables, and fruit.

Let's Get Ready for School!



Get Kindergarten Ready

✓ Immunizations ✓ Vision Screening

Make an appointment to complete your child's vision screening and immunizations at LCHD:

<https://bit.ly/3yW0Jsm>

Preschool Registration

Head Start and Great Start Readiness Programs offer either no or low cost preschool for children whose families meet income eligibility requirements, or children who meet other federal and/or state guidelines.

Enrolled children, and their families, are able to participate in learning opportunities, health, wellness, social and disability services, and other community resources.

REGISTER at <http://bit.ly/3jSwKy7>

**JUST ASK
WIC**

*How can I make
homemade baby
foods?*



Our Registered Dietitian can help.
**Call our office today:
517-546-5459**

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

Connect with us @myLCHD



www.LCHD.org