



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

JUNE 2020

Create a Salad Honey Mustard Dressing Ranch Dressing Grilled Fruit Crisp Sloppy Joes

Create a Salad

1. Wash hands with soap and water.
2. Start with Greens—One type or a mix. 2 cups of leafy greens is a serving.
3. Add Some Color—Vegetables or fruit (fresh, canned or dried)

Peas	Carrots	Tomatoes	Oranges
Broccoli	Peppers	Berries	Cranberries
4. Pick a Low-Fat Protein—It helps you feel full.

Egg	Tuna or salmon	Tofu
Beans—cooked or canned (drained)		Cooked meats
5. Dress It Lightly—Dressings can add calories, so use a small amount, try reduced-fat versions or make your own. Thin dressings spread farther so you can use less.
6. Use Toppings Sparingly—Look for reduced-fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.

When kids help make healthy foods, they are more likely to try it. Show kids how to: swish greens in a bowl of water to remove dirt, peel fruits and veggies and measure and stir ingredients for salad dressings.

Recipe Source: <https://www.foodhero.org/>



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime.
"Do you know what city and state we live in?"
Then have them tell you.

Source: Mealtime Blessings, Chickasaw Nation WIC

Honey Mustard Dressing

- 1/2 cup low-fat plain yogurt
- 3 tablespoons fat-free or 1% milk
- 1 tablespoon honey*
- 2 teaspoons liquid mustard



1. Wash hands with soap and water.
2. Combine all ingredients in a small bowl and stir until smooth.
3. Cover and chill for 30 minutes before serving.

Note: For a stronger flavor, add an extra 1-2 teaspoons mustard.

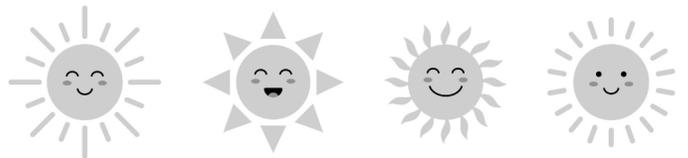
*Honey is not recommended for children under 1 year old.

Recipe Source: <https://www.foodhero.org/>

Nutrition Note: This recipe makes 6 servings. Each serving has 30 calories, 0 grams of fat, 1 gram of protein, 5 grams of carbohydrates and 35 milligrams of sodium.

IT'S WORTH A TRY!

Try This!
Replace your kid's drink at snack time with water.



Ranch Dressing

- 1/4 cup low-fat mayonnaise
- 1/2 cup low-fat buttermilk
- 1 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



1. Wash hands with soap and water.
2. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.

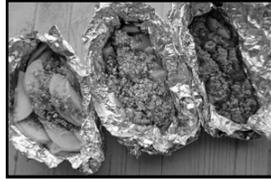
Note: For a thinner dressing, add an extra 2-3 tablespoons buttermilk. Also buttermilk can be substituted for 1 tablespoon white vinegar plus enough milk to fill 1 cup.

Recipe Source: <https://www.foodhero.org/>

Nutrition Note: This recipe makes 6 servings. Each serving has 25 calories, 1.5 grams of fat, 1 gram of protein, 1 gram of carbohydrates and 210 milligrams of sodium.

Grilled Fruit Crisp

- 2 tablespoons rolled oats
- 1 tablespoon brown sugar
- 2 teaspoons butter or margarine
- 1 cup sliced or diced fruit, any variety



1. Wash hands with soap and water.
2. Heat grill or oven to 350 degrees.
3. Combine oats, brown sugar and butter in a bowl until crumbly.
4. Place fruit on 12-inch by 12-inch foil sheet. Top with crumble mixture.
5. Fold foil to create a packet ensuring all sides are sealed.
6. Grill/bake for 15 minutes or until fruit is desired tenderness.

Recipe Source: <https://www.ag.ndsu.edu/extension/food>

Nutrition Note: This recipe makes 2 servings. Each serving has 90 calories, 4 grams of fat, 1 gram of protein, 2 grams of carbohydrates and 40 milligrams of sodium.

Crock-Pot™ Corner



Sloppy Joes

- 1 pound lean ground beef, browned
- 1 small onion, finely chopped
- 1 teaspoon garlic powder
- ½ cup ketchup
- 1 tablespoon liquid mustard
- 1 can (10.75 ounces) tomato soup
- ½ teaspoon black pepper
- 2 tablespoons brown sugar



1. Wash hands with soap and water before preparing the recipe and after handling ground beef.
2. Place all ingredients in the slow cooker. Add a pinch of cayenne pepper and 1 tablespoon relish if desired.
3. Cover and cook on low for 10 minutes or until heated through.
4. Serve on whole-wheat hamburger buns.

Photo Source: <https://www.ag.ndsu.edu/extension/food>

Nutrition Note: This recipe makes 6 servings. Each serving has 210 calories, 8 grams of fat, 16 grams of protein, 20 grams of carbohydrates and 470 milligrams of sodium.

The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. Phone: 800-472-2286 Website: www.health.nd.gov/wic

NORTH
Dakota
Be Legendary.™

Health



Why breastfeed?

"I believe it gives my baby the best and healthiest beginning to life. It also allows for us to have special bonding time throughout the day."

~ WIC Breastfeeding Mom from Minot



Family meals.
Where life's most
important
conversations
happen.



MEALTIME
BLESSINGS

Nourish mind, body and spirit