

A Lundquist WIC Newsletter

WIC for You!

(310) 661-3080 • www.WICforYou.org



Odessa, WIC Degreed Nutritionist and Zaira, WIC Nutrition Assistant

WIC Black Friday Event Success!

On November 28th, we hosted our first Black Friday event, allowing families to access their WIC benefits while enjoying extra holiday fun! Families were given adorable Cocomelon plush doll and entered to win a smart TV donated by the Lundquist WIC team.

We are excited to announce that our lucky winner was Catarina!

We are overjoyed to be able to spread more happiness and cheer during the holiday season.

Click here to see a video of the raffle and call to Catarina.



Help Others Start the Year Healthy Refer Friends and Family to WIC!

Do you know someone who could benefit from WIC Services? This year, share the gift of nutrition and health by referring your friends and family to the Lundquist WIC program!

WIC Provides:

- Nutrition Education
- Breastfeeding Support
- Healthy Foods
- Community Referrals
- **and More!**

By referring someone you care about, you'll help them get the tools they need for a healthy start to the new year.

WIC is Not a Public Charge Your Benefits Are Safe!

2025 is here, and changes may come, but one thing you can guarantee is WIC is here for YOU! WIC is not a public charge. This means receiving WIC benefits does not negatively affect your immigration status. Every eligible family can be certified for WIC regardless of Immigration status and will not be a factor in public charge determinations.



Recipe: 3 Can Chili

Ingredients:

- 1 can of beans, low-sodium, undrained (pinto, kidney, red, or black)
- 1 can corn, drained (or package of frozen corn)
- 1 can crushed tomatoes, low-sodium, undrained
- 1 teaspoon chili powder (or more, to taste)

Directions:

- Place the contents of all 3 cans into a pan.
- Add chili powder to taste. Stir to mix.
- Continue to stir over medium heat until heated thoroughly.

Recipe from MyPlate.gov



Boost Your Family's Health with WICHealth.org!

It is the perfect time to explore easy-to-use online nutrition and health classes. With WICHealth.org, you can find nutrition tips and learn about healthy habits for you and your family. WICHealth.org will also help shorten your next WIC appointment. Get the most out of WIC and join a class today!

Login to
www.wichealth.org

We want to hear from YOU!

Take a Quick Survey to let us know how to support you and your family better.

Click here or scan the QR code to take the survey.

