

A Lundquist WIC Newsletter

# WIC for You!

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WIC Mom and Baby during Super Saturday at the South Gate WIC Office

## Super Saturday

We had a fantastic Super Saturday event on January 25th at four of our WIC offices, and it was a big hit! Families enjoyed a fun-filled time with books and plenty of smiles. In addition to the exciting activities, we were thrilled to give away Cocomelon toys, plushies, tumbler cups, and much more! It was an incredible day of joy for everyone who attended. Thank you to all the families who joined us; we cannot wait to see you at our next event!

## Your Guide to WIC: The WIC Roadmap

We know that being part of WIC can bring many questions, so we are excited to share our new WIC Roadmap! It is a simple guide that shows you what to expect at your WIC appointments, the steps involved, and how to prepare. Whether it is your first visit or you've been with us for a while, the WIC Roadmap will help make each visit a breeze. We are here for you from pregnancy through your child's fifth birthday. Visit our website at [www.WICforYou.org](http://www.WICforYou.org) to learn more!



## Food Connects Us

March is Nutrition Month, and this year's theme, "Food Connects Us," highlights food's powerful role in bringing people together. Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it, and where the ingredients come from. This month, we encourage you to reflect on how our food choices nourish our bodies, strengthen relationships, support communities, and build a sense of belonging. Let's celebrate the shared joy of food and recognize the importance of making healthy choices that benefit us and those around us.



## Ensure Your Child's Healthy Growth; Get their height and weight checked at WIC!

Keeping track of your child's growth is essential to ensure they are healthy. We encourage all families to visit their local WIC office to have their child's height and weight checked. Regular growth checks can help spot any concerns early and ensure your child is getting the nutrition they need. The WIC staff is ready to help and offer resources to keep your child strong and healthy.



## Strawberries with Banana Cream

### Ingredients:

- 1/3 cup yogurt, low-fat plain
- 1/2 ripe banana
- 1/2 fluid ounce fruit juice
- 2 cups sliced strawberries
- 1 teaspoon honey
- 1 teaspoon cinnamon

### Directions:

1. Combine yogurt, banana, and juice and mash with a fork until the chunks are gone.
2. Wash and slice Strawberries.
3. Top the Strawberries with the yogurt - banana mixture.
4. Top with honey and cinnamon.

Enjoy this fresh healthy treat!

*Recipe from USDA SNAP-Ed Connection*