

12 Reminders for Maximizing Nutrients during the Holidays

1. Make foods look more appetizing. We eat with our eyes first. Make produce the main feature at events! Presentation is key especially with small children.



Might not eat



Might eat

2. Fill your plate with at least 50% vegetables and fruits! Veggies are high in fiber, which helps you to feel full.



3. Plan on what you would like to indulge in before you arrive. Thinking about it before you go can help you to strategize and make healthier choices.

4. Take the focus off food; offer an activity that helps guests move away from the buffet table. Cut paper snowflakes, play a board game, sing and dance to holiday music.



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5. Know the menu before you go. Eat a salad before leaving to help fill you up and prevent overindulging in high calorie foods.
6. Kids gravitate towards fruits and vegetables when you serve options they enjoy. This may help prevent them from focusing on holiday treats.

7. After the holidays, keep vegetables and fruits visible so that children think of these rather than leftover cookies or treats as a snack.

8. Eat slowly and savor every bite. Before you go back for seconds wait 10 minutes and see if you are hungry.

Plate Sizes

9. Use a smaller plate for meals. This may help you from overeating. When we are hungry, we have the tendency to take more than we actually need or want.



Bigger Plate = More Food

10. Drink a big glass of water prior to the meal to help quench your thirst. Half of the time we think we are hungry we are actually thirsty! Water is a great way to quench thirst without sacrificing calories.

11. When driving long distances pack a nutritious meal or snack so that you are less tempted to visit a fast food restaurant.

12. Get kids involved! Have them use cookie cutters to make shapes out of melons, create their own star, wreath or tree out of vegetables.



***Remember that one mistake does not have to mean that it is "game over". Try again the next party, the next day, or even the next hour!

Fraud and Abuse

Did you know giving away, selling or even offering to sell products that were purchased with WIC funds, is considered fraud and abuse? WIC monitors Facebook, eBay and Craig's List to ensure participants are not abusing the program. Penalties for abusing WIC could be repaying WIC back for food that was sold or given away to suspension from the program. It is the burden of the participant to provide proof of purchase if these foods are not purchased with WIC funds.



WIC will be under construction in the early part of 2019 as we make changes to improve our clinic environment. WIC is committed to improving confidentiality and creating a clinic environment where you feel safe and comfortable. We appreciate your patience during this time.



- **Be sure to bring your e-WIC card every time you come to the office.**
- **If you can't make it in on our regular benefit issuance days, just call us—we can figure out a time that'll work for you.**
- **If you have extra WIC foods, formula or no longer using a WIC breast pump, talk to us about what to do.**

Fond du lac Food Resources

Temporary Emergency Food Assistance Program -TEFAP is an emergency food assistance program to area food pantries through ADVOCAP. ADVOCAP is not a site for food distribution to individuals.

Eligibility: participants must meet income guidelines (185% of federal poverty level), have proof of residency and picture ID. To learn more, contact a participating pantry or call (920) 426-0150, x. 3257.

Additional Resources

Fondy Food Pantry

For Fond du lac Residents- Please call ahead at 920-322-0369. Located at 573 W. Rolling Meadows Drive, FDL WI.

Salvation Army Extension Service Unit. For Rosendale, Ripon, Brandon & Fairwater residents call (920) 924-8654.

United Way 211. Dial 2-1-1- or 1-800-924-5514 to find the nearest food pantry & other resources. Visit the online directory at www.211now.org.

WIC Breastfeeding phone numbers:

- **Kara 929-3106 Peer Counselor:**
- **Sarah 929-3953**
- **Marla 929-3152 Marisela 948-2759**
- **Kim 929-3198**
- **Amanda 906-4794**
- **Laura 929-7137**



Fond du Lac County Immunizations

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care/Forward Health, vaccines are available at the FDL County Health Department on the 2nd Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085.