

## ON THE CALENDAR

### Immunization Clinics:

**THURSDAY**  
February 11th  
11 a.m. to 4 p.m.

**THURSDAY**  
February 18th  
7 a.m. to 11:30 a.m.

**THURSDAY**  
February 25th  
2 p.m. to 7 p.m.

### Breastfeeding Support Group:

**TUESDAY**  
February 2nd  
5:30 p.m.

### Family Planning:

Located at 511 Elm

**THURSDAY**  
February 18th  
Call 646-3379 to  
Make An Appointment

### WIC CLINICS:

Recertification by  
appointment only.

Please call 646-5506 if you  
need to reschedule.

### OFFICE CLOSED:

February 12th-Lincoln's B-  
Day & February 15th-  
Washington's B-Day



## FOCUS ON FOODS

Good meals are becoming **more of a challenge, as groceries are much more expensive.**

At the same time, many people are forced to get by on **less money because of layoffs or downsizing.**

So the chef of the family has to **learn to make more satisfying meals with less!**

Making a **weekly or a monthly menu and sticking to it** is one of the best ways to **avoid dinnertime panic and big grocery bills.**

Consider using **less meat and more beans** as a healthy protein source – or make meals like chili in which **beans and tomatoes make a small amount of meat go further.**

Look for grocery items that can be **used for more than one meal. Family-pack of meats** for example.

**Package and freeze in**

### Spicy Bean Salsa

- 1 (15 Ounce) can black eyed peas
- 1 (15 Ounce) can black beans (rinsed and drained)
- 1 (15 ounce) can whole corn
- 1/2 cup chopped onion
- 1/2 cup green pepper
- 1 (4 ounce) can diced jalapeno peppers
- 1 (14.5 ounce) can dice tomatoes, drained
- 1 cup Italian-style dressing
- 1/2 teaspoon garlic salt

#### Directions:

In a medium bowl, combine black-eyed peas, black beans, corn, onion, peppers, jalapeno peppers, and tomatoes. Season with dressing and garlic salt.; mix well. Cover, and refrigerate overnight to blend flavors.

portions for each meal.

Before heading to the store with that **list of menu items and coupons**, eat a **healthy, filling snack to stave off impulse buying.**

Purchasing **store brands** of canned vegetables, canned beans and other staples, are usually just as **good and much cheaper** than **name brand products.**

**Frozen fruits and vegetables are a great value** because they have as much **nutrition as fresh produce.** And they're **cheaper than buying fresh.**

**Healthy, filling snacks like nuts, dried fruit, trail mix or sunflower seeds are a much better choice than overly-processed junk foods.**

Cooking dinner at home every night **saves money and gives you family time too.**

**Source:** <http://family-budgeting.suite101.com>

## DRIVING IN COLD WEATHER...

Remember to **pack your car** with extra's during this time of year. Just in case you should get stranded, your car won't start or if you happen to run off the road.

- **A flashlight with extra batteries**
- **A first aid kit with a pocket knife**
- **Necessary medications**
- **Blankets and/or sleeping bags**
- **Extra mittens or gloves, socks, a warm cap and rain gear**
- **A small sack of sand to use for traction under your wheels**
- **A small shovel**
- **Booster cables**
- **Small tools - pliers, wrench, screwdriver**
- **A brightly colored cloth to use as a flag**
- **Nonperishable foods**
- **Bottled water**
- **Matches and candles**



### During the Trip:

- **Obey speed limits; don't speed.**
- Use **common sense**, and **adjust your speed** to suit driving conditions
- Give snowplows **plenty of room, and don't pass them.**
- **Always wear your seat belt.**
- Remember that **driving is most dangerous when temperatures are near 32 degrees.**
- If you don't feel **comfortable driving, park at the first safe place.**
- If you're **Trapped in Your Car—Stay in the vehicle. Call for help. Display a trouble sign. Hang a brightly colored cloth on the antenna.**
- Run the engine for about **10 minutes each hour. Run the heater and turn on the dome light only when the vehicle is running.**
- **Keep the exhaust pipe clear of snow, and open a window slightly for ventilation.**

**Source:** [www.modot.mo.gov](http://www.modot.mo.gov)

## PICKY EATERS...

### Most Toddlers Are Picky Eaters

Many toddlers express their budding independence through eating — or not eating, as the case may be.

So nearly all toddlers could be described as picky eaters. If kids **don't like** a food, they **won't eat it** — no rocket science there.

Does your toddler want to eat only macaroni and cheese? When a child is **stuck on one food**, a parent might feel **forced** to serve that food every day so the child eats something. But eventually the child may **tire of that food** — and then what?

**You choose the foods** on your toddler's plate — and you don't have to serve macaroni and cheese daily. If you do, you miss an **opportunity to introduce new foods** and **increase the number** of those your child is willing to eat.

Most "**food jags**," as they're sometimes called, **won't last long** if parents don't **accommodate them**.

Kids won't **starve** and they will learn to be more flexible rather than go hungry. Present a **variety of healthy** foods — including **established favorites and some new foods** — to **make up the menu**. Your toddler may **surprise** you one day by eating all of them.

Your toddler **doesn't like green beans** the first time around? **Don't stop serving them**. Kids are **naturally slow to accept new tastes and textures**, so keep **reintroducing** the beans along with other **new foods**. **Serve a small portion** and encourage your child to try a **bite without nagging or forcing**.

And be sure you're **setting a good example!** **Serve nutritious foods that you like or eat something new so your kids see you enjoying what you're asking them to eat.**

Source: <http://kidshealth.org>



## PLAYING IN THE SNOW...

The first sight of **snow falling** from the grey winter sky can be one of the **greatest thrills** for children **during the early months of the year**. Nearly all kids love to engage in snowball fights, sledging and building a snowman while playing in the white stuff.

However, if not **adequately prepared** for, the **icy conditions** can often lead to **illness, serious injury or even death**. It is therefore extremely important for parents to make their children aware of how to **keep safe when playing in the ice and snow**.

Children can easily fall victim to **hypothermia or other similar cold-related illnesses such as frostbite** if not **properly dressed** for the **freezing cold conditions**. It is important to **ensure** that children are **wearing extra layers of clothing to protect themselves from the cold and wet conditions**.

The **temperatures of hands and feet are the first to drop as the body adjusts to cold conditions**. This makes **thick gloves and socks essential wear** when playing in the snow.

It is also vital to wear a **scarf and thick winter hat** as over **half of a person's body heat is lost through the head and neck**.

As bizarre as it sounds, the use of **sunscreen is especially important as the snow and ice can reflect 85% of the sun's UV rays back into exposed skin**.

Wear sunglasses to **protect your eyes from the sun's glare off of the snow**.

Source: [kids-outdoor-activities.suite101.com](http://kids-outdoor-activities.suite101.com)



## PREGNANCY FACTS

**Back pain and pregnancy often go hand in hand**. You're gaining **weight and walking** in a new way. And your **hormones are relaxing the muscles and ligaments** throughout your body. As your baby grows, your **center of gravity shifts forward**. As you compensate in some way to **avoid falling forward**, you may **strain the muscles in your lower back** — which can cause back pain. **Tuck your buttocks under, pull your shoulders back and downward, and stand straight and tall**.

Sit and stand with care. Sit with your feet slightly **elevated**. Choose a chair that **supports your back** or place a small pillow behind your lower back. Change position **often**, and **avoid standing** for long periods of time. If you must stand, **rest one foot** on a low step stool. **Sleep on your side, not your back**. Keep **one or both knees bent**. It may also help to place **one pillow between your knees and another under your abdomen, or use a full-length body pillow**.

When **lifting** a small object, **squat down and lift with your legs**. **Know your limits**. Ask for **help** if you need it. Wear low-heeled shoes with **good arch support**, maternity pants with a low, **supportive waistband**. Or consider using a **maternity support belt**.

Ask someone to **rub your back** for you. Regular exercise can keep your **back strong and may actually relieve back pain**.

A **low, dull backache may be a sign of preterm labor**. If you're **concerned** about your back pain, contact your **health care provider**.

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

### DISCLAIMER

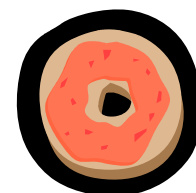
The information contained in this publication should not be used as a substitute for the medical care and advice of your healthcare provider. There may be variations in treatment that your healthcare provider may recommend based on individual facts and circumstances.

## FUN THINGS TO DO

### Bagel Bird Feeder

What you need: **Bagel, Plastic knife, Yarn or string, Peanut butter or lard, and Birdseed**

**Split the bagel in half**. On the flat side spread peanut butter or lard. **Sprinkle the birdseed** on a paper plate. **Press the peanut buttered side of the bagel into the birdseed**. Tie a string onto the bagel and hang in a tree. **Sit back and watch our feathered friends flock to your yard**.



### More ideas for bird feeders

**Soda bottles** - invert a **two liter bottle** with the lid on tight. **Cut a hole** in the side large enough for a **small bird to crawl into**. Now on either side **poke two small holes just opposite of each other**. Put a **stick through these holes for a perch**. Put **bird seed in the bottom**. **Punch holes at the top and hang from a tree**.

**Milk Cartons** - make like the soda bottle on. Try **painting the milk carton different colors to see which color attracts more birds**.

**Hang the feeders close to a window** so you and your family can watch the **different birds come and go**.

Source: [kidscrafts.suite101.com](http://kidscrafts.suite101.com)

