

# SWEET POTATO MAC & CHEESE

1/2 sweet potato, diced and boiled  
1/2 C whole wheat macaroni  
noodles  
1/2 C cheddar cheese  
1 T milk

Mash sweet potatoes. Boil macaroni until desired consistency. Drain water from macaroni and return to pot. Add milk, mashed sweet potato and cheese to the pot. Stir until cheese is melted and sweet potato is spread evenly through the macaroni.

# PEANUT BUTTER ENERGY BALLS

1 C oatmeal, dry  
1/2 C peanut butter  
1/4 C honey\*  
1 t vanilla extract\*

Combine all ingredients in a mixing bowl. Place mixture in the fridge for 10-20 minutes. Remove from fridge and roll into bite size pieces.

\*Not covered by WIC

# RESOURCES

WIC is great for supplementing your child's diet with healthy, age-appropriate foods. Check out some of these other programs for a wide variety of options to provide healthy and balanced meals for your family!



CMH NUTRITION

# MAKING WIC WORK

RECIPES USING WIC APPROVED FOODS

# MAKING A MEAL

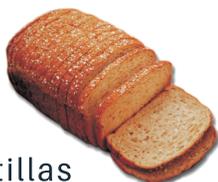
When using your WIC benefits to provide your child a meal try and provide at least 1 food from each group (whole grains, fruits, vegetables, protein, and dairy) for a plate that looks like MyPlate.

WIC benefits can also be used for snacks. Try combining a protein with another food group to provide a filling snack!



## WHOLE GRAINS

- Whole Wheat Bread
- Whole Wheat Pasta
- Brown Rice
- Whole Wheat/Corn Tortillas
- Hot/Cold Cereals



## PROTEIN

- Eggs
- Beans
- Peanut Butter



Foods listed are foods covered by WIC

# FRUITS & VEGETABLES

- Fresh Bulk Fruits and Vegetables
- Bagged Salad Mixes
- Bagged Fruit
- Cut Fruit and Vegetables



## DAIRY

- Milk
- Yogurt
- Block cheese



## TRY NEW FOODS!

Don't forget to try new foods! Try offering your child at least one new food a week. Offering new fruits and vegetables with a sauce or dip is a great way to get important nutrients into your kiddo.

# ZUCCHINI QUESADILLAS

- 1 whole wheat tortilla
- 1/4 C chopped zucchini
- 1/4 C colby jack cheese, shredded or sliced.
- 2 T canned black beans, rinsed
- 1 T salsa\*

Spray skillet with non-stick spray. Place tortilla in skillet. Add cheese, black beans, and zucchini to tortilla. Fold tortilla in half and flip after 2 minutes. Cook for another 2 minutes or until cheese is melted.

## MINI PIZZAS

- 1 whole wheat english muffin
- 2 T pasta sauce\*
- 2 T mozzarella cheese, shredded or sliced
- 2 cherry tomatoes, sliced

Slice english muffin into two halves. Put one tablespoon of sauce on each half. Place 1 sliced tomato on each half. Over each half with 1 table spoon of mozzarella.

Broil for 2 minutes or until cheese is melted.

\*Not covered by WIC