



News You Can USE ***Resources for Our Children***

WIC:

-The special supplemental **nutrition program for women, infants, and children** provides nutrition education and food supplements to low-income pregnant and lactating women, infants and children under five who are deemed to be at nutritional risk. According to the USDA, many evaluations suggest that pregnant women who participate in WIC have healthier infants.

-**Eligibility:** Must have income below 185 percent of poverty, or receive Medicaid or food stamps/SNAP. In addition, eligible individuals must be certified to be at nutritional risk; based on medical-based or dietary-based conditions; ie: anemia, underweight, poor diet. For more information, call toll free 1(800) 522-5006.

Do you know what's in your baby's bottle?

- Infants are vulnerable to food borne illness since their immune systems are not fully developed.

-Take extra care, including washing hands, when preparing/handling formula and baby bottles.

-Don't make more formula than you will need – if a large quantity is made and not properly refrigerated, bacteria can multiply, increasing your baby's chance of getting sick!

TODDLERS

-Toddlers are moving from eating habits they had as infants toward a diet more like adults. Parents need to keep broadening their child's palate by introducing new flavors and textures. Food preferences are set early in life, so help your child develop a taste for healthy foods now.

-Milk is an important part of a toddler's diet because it provides calcium and vitamin D, which help build strong bones. Children ages 1- 2 should drink whole milk for the dietary fats needed for normal growth and brain development. When your child is 2, you can probably make the switch to low-fat or nonfat milk, but talk with your doctor before doing so. (USDA)

Suffolk Early Head Start:

- A program that serves low-income infants, toddlers, and pregnant women. Services include: home visits, including developmentally appropriate early childhood education, parent education, comprehensive health services, and support services for families, including case management, referrals to community resources, and peer support.

- **Eligibility:** Families must be low income and reside in one of the 13 school districts in central Suffolk County. Other factors are considered such as children in foster care or children with disabilities. There are no fees for services! For more information, call the Long Island Head Start Administration Office in Patchogue at (631)-758-5200.

* If you live in Nassau County check out *Nassau Early Head Start*. It offers the same amenities and eligibility requirements as Suffolk County and is offered in eight schools in Nassau County. For information call (516) 292-9710