



Wellness  
Nutrition

March 2020

Fun FaCts

## WIC Mobile App



### EASY TO FIND

Download the free app 'South Dakota WIC' from your smartphone's app store

### EASY TO USE

Registering is easy as long as your family has an active eWIC card

- Enter Email Address
- Create Password
- Enter Active eWIC Card Number
- Enter Cardholder Birth Date and Zip Code

### AMAZING FEATURES

- \* **View upcoming appointments** including who in the family needs to come and what to bring
- \* **Check your benefits balance** to see what food items you can still purchase
- \* **Scan the UPC code** for any product and see if the item is WIC approved
- \* **Find WIC Clinic information**
- \* **Find out where to shop** on the Vendor screen
- \* **Get notification alerts** that remind you of your next appointment and if your benefits are about to expire
- \* **Available in English and Spanish**

## Breastfeeding Positions

You may need to try each position several times before finding one that works for both baby and yourself. For cradle holds and football hold, it is best to be sitting straight up in a chair.



## Delicious & Nutritious!

### Roasted Brussels Sprouts

#### Ingredients:

1 pound Brussels Sprouts  
2 tablespoons olive oil  
1/2 teaspoon red pepper flakes  
1/4 teaspoon salt



#### Directions:

1. Wash prep area, your hands, and Brussels sprouts.
2. Preheat oven to 400 degrees.
3. Add all ingredients to a large bag. Shake to coat sprouts evenly.
4. Pour and evenly spread Brussels sprouts on to a baking sheet.
5. Bake for 30-45 minutes or until Brussels sprouts are to desired tenderness. Stir every 5-7 minutes to ensure even cooking.
6. Serve immediately.