



April 2020

Wellness Nutrition Fun FaCts

Online Nutrition Education

Check out WIChealth.org to complete your nutrition education online!

Find lessons in each of these topics to learn new information and skills to keep your family healthy ↓

 Breastfeeding	 Infants	 Children ages 1-5
 Healthy Families	 New and Expecting Families	 Mothers in Motion
 Meal Planning	 Guide to Newborns for Expecting Parents	

Effective Pumping Tips

Relax! Take deep breaths. Think about something peaceful and happy... like that sweet baby!

Warmth! Try using a warm towel on the breast before and during pumping.

Massage! Work a gentle massage all around the breast, even toward the armpit, collarbone, and underneath the breast.

Focus! If you aren't with baby, look at pictures or videos of baby. You can even smell something of baby's to trigger those milk-making hormones.

Delicious & Nutritious!

Yogurt Breakfast Bark

Ingredients:

- 4 strawberries
- 1 1/2 cup yogurt
- 3 tablespoons pure maple syrup
- 1/2 cup granola
- 1/2 cup blueberries

Directions:

1. Wash prep area, your hands, and fruit.
2. Slice fresh strawberries.
3. Line a baking sheet with parchment paper and set aside.
4. In a bowl, mix yogurt and syrup until combined. Pour onto parchment paper and spread into a thin layer. Top with granola, blueberries, and strawberries.
5. Cover baking sheet with aluminum foil. Place in freezer for 2 hours, or overnight until bark is fully frozen.
6. Slice into pieces and serve immediately. Keep remaining pieces in a bag or airtight container in the freezer.



<https://wichealth.org/Member/HealthEKitchen>

Tip: If you find the bark is too cold to eat, allow it to thaw for a few minutes before serving it. The yogurt will thaw quickly, so be sure not to leave it out too long or it will lose its shape. You can also make this into a yummy dessert by adding chocolate chips to it.