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AUGUST IS NATIONAL BREASTFEEDING MONTH!



Benefits of Breastfeeding



Benefits to the Infant:

- ♥ Consumption of balanced nutrition meals
- ♥ Protection from diseases and infections common in young children
- ♥ Minimizes risk of allergic interactions
- ♥ Minimizes risk of Type I diabetes
- ♥ Physical and emotional connection made with the breastfeeding mother through skin to skin contact

Benefits to the Mother:

- ♥ Minimizes blood loss after child birth and enhances the healing process
- ♥ Better success in postpartum weight loss
- ♥ Increased emotional connection with infant
- ♥ Lower risk of postpartum depression
- ♥ Decreased risk of rheumatoid arthritis, cardiovascular disease, and some cancers

Economic Benefits:

- ♥ Breastfeeding moms save hundreds of dollars a year as opposed to other mothers who purchase formula
- ♥ Improved health allows for fewer health insurance claims and reduced need for medical services
- ♥ Since breastfed children tend to get sick less often, working parents can take fewer sick days staying home with sick children

BREASTMILK SAFETY

- ◇ When storing breastmilk, clearly label it with the date it is prepared and use the older ones first
- ◇ Do not add fresh milk to already frozen milk
- ◇ Do not milk out of a used bottle to use in a later feeding
- ◇ Avoid using a microwave for thawing and heating; place the container in a bowl of warm water
- ◇ Do not refreeze breastmilk once it has been thawed

Transitioning from Summer to School Days

As the end of summer draws near, it is time for parents and students to get ready to get back into the school day habit of packed lunches and on the go snacks. Here are some pointers that can make preparing for a nutritious school year easier:

- ◆ Pack a MyPlate balanced lunch the night before. This will also allow you more time to prepare a nutritious breakfast in the morning!
- ◆ Designate a “snack section” in your pantry and refrigerator filled with healthy snack options that you have made ready for grab and go snacking
- ◆ Make lists, organize items, and have a plan. Be sure to include your children in this process. It makes it more desirable for them to practice healthy eating habits when they are part of the coordination



Paradise Pizza



Utensils:

- Oven and/or toaster
- Butter knife
- Measuring spoon
- Cutting board
- Knife
- Can opener

Ingredients:

- 100% whole wheat mini bagel or English Muffin
- 2 Tablespoons pasta sauce
- 2 Tablespoons mozzarella cheese*
- 1 Tablespoon cubed ham or chicken
- 2 Tablespoons pineapple tidbits, drained

What to do:

1. Wash your hands and clean your cooking area.
2. Toast bagel half in toaster or oven.
3. Spread pasta sauce on toasted bagel.
4. Top with cheese.
5. Sprinkle with ham or chicken and pineapple tidbits.
6. Place bagel half in oven on broil until cheese melts (1-2 minutes).

*WIC Approved Food Package

For Parents:

Make meals and memories together.

Let your children make their own pizza. It teaches them how to make a nutritious snack and learn about vegetables and fruits.

Prep Time: 5 minutes

Cook Time: 3-4 minutes

Cost per Serving: \$0.45

Nutrition Facts

Serving Size 1/2 bagel or muffin (92g)
Servings Per Container 1

Amount Per Serving

Calories 160 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 430mg **18%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 9g

Vitamin A 4% • **Vitamin C** 6%

Calcium 15% • **Iron** 6%

MyPlate:

1 ounce Grains

2/3 cup Milk

1/2 ounce Meat & Beans



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