

Janice Smith, MD  
Health Authority  
Amanda Robison-Chadwell, BA, MPH  
Health District Director



Nikki Morrow, BS, IBCLC  
WIC Director

# BELL COUNTY PUBLIC HEALTH DISTRICT

**FOR IMMEDIATE**

**WIC Project #31**

**RELEASE**

**201 North 8th Street • Temple, TX  
76501**

Contact: Nikki  
Director

Morrow, WIC

201 North 8<sup>th</sup> Street  
Temple, Texas 76501

Phone: 254-778-1511

Email: [nmorrow@bellcountyhealth.org](mailto:nmorrow@bellcountyhealth.org)

Date: December 5, 2017

## **Bell County Public Health District WIC Program Provides Mindful Healthy Tips for the Holiday Season**

Temple, Texas – Bell County Public Health District WIC Program provides mindful healthy tips and recipes for families while celebrating together this holiday season.

The Women, Infants & Children's Program (WIC) wants to help families stay mindful and avoid overindulgence and post party food guilt during the Christmas season. During the holidays we all tend to eat out more often, bake sweet treats we would not normally make, and have access to more party foods and snacks in the office. This can make for an unexpected gift of unwanted calories and hard to shed holiday pounds. WIC helps parents to modify recipes and try new foods and healthy alternatives to stay on track with mindful eating choices even during the holiday season. As a family, the impact of healthy and mindful eating for children can help shape their eating habits and teaches them to eat for well-being and growth no matter the time of year.

A few holiday healthy tips that families can implement is to drink plenty of water during the day. Staying hydrated is important for our bodies and helps to avoid over indulging in foods when tempted by seasonal cookie platters and treats. Try adding a winter touch by infusing your water with cranberries, pomegranate or cinnamon sticks and herbs like mint or rosemary. Another tip is to makes sure as the weather changes during the winter months to still make time for exercise and outdoor activities as a family. Take a walk each day to see holiday decorations or make it fun for the family and see how many outdoor reindeer you can count in the yards. Or maybe find a nearby playground in your neighborhood.

A few eating tips that are kid focused are to make fruit a main part of snacking. Fruit is a great alternative to other high calorie appetizers and snacks we tend to eat during the holidays. Fruit is also a nutritious and flavorful addition to any meal. You can find fun snacks kids can make

Admin. /Site 01  
201 North 8th Street  
Temple, TX 76501  
Phone: (254) 778-1511  
Fax: (254) 778-6914  
E-mail: [nmorrow@bellcountyhealth.org](mailto:nmorrow@bellcountyhealth.org)

Site 02  
111 Santa Fe Plaza  
Killeen, TX 76541  
Phone: (254) 526-2033  
Fax: (254) 526-2073

Site 03  
213 West Ave D  
Copperas Cove, TX 76522  
Phone: (254) 547-9571  
Fax: (254) 547-7767

Site 04  
Bldg 289, Battalion Ave.  
Fort Hood, TX 76544  
Phone: (254) 532-8680  
Fax: (254) 532-9809

Janice Smith, MD  
Health Authority  
Amanda Robison-Chadwell, BA, MPH  
Health District Director



Nikki Morrow, BS, IBCLC  
WIC Director

# BELL COUNTY PUBLIC HEALTH DISTRICT

**WIC Project #31**  
**201 North 8th Street • Temple, TX**  
**76501**

using fruit such as Fruit Grinch Santa's, Banana Snowmen or Fruit Christmas Trees platters. Children can also help to make other nutritious but fun healthy foods for the holidays such as whole wheat pancakes or peanut butter and jelly sandwiches shaped like a Christmas tree or reindeer. Just use your favorite cookie cutter and then fruit as the tree decorations or reindeer face.

Also, as you are busy with holiday shopping remember to carry a snack with you. This will help you not to eat the wrong foods during the day and feel less guilty when indulging at the office holiday party. When you start to feel the holiday sugar addiction set in, have a cup of herbal tea to ward off cravings.

Don't be afraid to eat a healthy meal before going to a holiday party. This way you can pick and choose only the most tempting items to indulge in or just have a small bite size portion of a few items to try rather than eat as a meal. You can also limit your sweets to only days you work out. For instance, one small portion of a sweet item for every 30 minutes of a work out. This will challenge yourself and help keep you accountable while also staying on track with exercise.

Parents can visit our Temple, Killeen, Copperas Cove and Fort Hood WIC clinic Facebook pages for weekly recipes and healthy tips during the holidays. Along with encouraging families to eat mindfully, WIC offers family cooking classes each month. Parents come and learn about healthy eating and nutritious ways to prepare their favorite foods and also try new foods and recipes. Each WIC cooking class is interactive for the whole family, and both parents and kids love to taste-test the recipes.

For more information on the WIC Program, visit our website at [www.bellcountyhealth.org](http://www.bellcountyhealth.org) or for more WIC resources and recipe ideas, go to [www.texaswic.org](http://www.texaswic.org).

Admin. /Site 01  
201 North 8th Street  
Temple, TX 76501  
Phone: (254) 778-1511  
Fax: (254) 778-6914  
E-mail: [nmorrow@bellcountyhealth.org](mailto:nmorrow@bellcountyhealth.org)

Site 02  
111 Santa Fe Plaza  
Killeen, TX 76541  
Phone: (254) 526-2033  
Fax: (254) 526-2073

Site 03  
213 West Ave D  
Copperas Cove, TX 76522  
Phone: (254) 547-9571  
Fax: (254) 547-7767

Site 04  
Bldg 289, Battalion Ave.  
Fort Hood, TX 76544  
Phone: (254) 532-8680  
Fax: (254) 532-9809

Janice Smith, MD  
Health Authority  
Amanda Robison-Chadwell, BA, MPH  
Health District Director



Nikki Morrow, BS, IBCLC  
WIC Director

# BELL COUNTY PUBLIC HEALTH DISTRICT

WIC Project #31  
201 North 8th Street • Temple, TX  
76501

*Real nutrition. Real advice. Really worth it.*

## Oatmeal Breakfast Bake SERVES 6

### Ingredients

1 cup old fashioned rolled oats  
1/4 cup chopped walnuts, divided  
1/2 teaspoon baking powder  
1 teaspoon cinnamon, ground  
Pinch of salt  
1/4 cup maple syrup  
1 cup low fat or fat free milk  
1 large egg, lightly beaten  
2 tablespoons canola oil  
1 teaspoon vanilla extract  
2-3 ripe bananas, peeled and sliced  
1 cup berries, fresh or frozen

### Preparation

1. Preheat oven to 375°F
2. Lightly grease a 2 quart baking dish. Combine oats, 1/8 cup walnuts, baking powder, cinnamon, and salt. Stir to combine
3. In a separate dish, combine syrup, milk, egg, oil, and vanilla.
4. Spread the bananas in a single layer across the bottom of the dish. Top with 1/2 cup berries. Sprinkle the dry ingredients over the fruit in an even layer.
5. Pour liquid ingredients over the oats.
6. Sprinkle remaining nuts and berries over the dish. Bake for 35-45 minutes, until the top is browned and the oats have set. Let cool for 10 minutes and enjoy!



USDA is an equal opportunity provider and employer. Recipe adapted from [sophowstaste.com](http://sophowstaste.com)

Temple  
254-778-1511

Killeen  
254-526-2033

Texas **WIC**.org  
1-800-942-3678

Copperas Cove  
254-547-9571

Fort Hood  
254-532-8680

Admin. /Site 01  
201 North 8th Street  
Temple, TX 76501  
Phone: (254) 778-1511  
Fax: (254) 778-6914  
E-mail: [nmorrow@bellcountyhealth.org](mailto:nmorrow@bellcountyhealth.org)

Site 02  
111 Santa Fe Plaza  
Killeen, TX 76541  
Phone: (254) 526-2033  
Fax: (254) 526-2073

Site 03  
213 West Ave D  
Copperas Cove, TX 76522  
Phone: (254) 547-9571  
Fax: (254) 547-7767

Site 04  
Bldg 289, Battalion Ave.  
Fort Hood, TX 76544  
Phone: (254) 532-8680  
Fax: (254) 532-9809