



STRONG, HEALTHY FAMILIES
STRONG RELATIONSHIPS
STRONG COMMUNITIES

What is WIC?

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a public health nutrition program under the USDA providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant or postpartum, infants, and children up to age 5.

Who is Eligible?

The WIC target population are low-income, nutritionally at risk:

- Pregnant women
- Breastfeeding women (up to infant's 1st birthday)
- Nonbreastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends)
- Infants (up to 1st birthday)
- Children up to their 5th birthday

What does WIC Provide?

The following benefits are provided to WIC participants:

- Supplemental nutritious foods
- Nutrition education and counseling at WIC clinics
- Breastfeeding education and support
- Screening and referrals to other health, welfare and social services

Find a WIC Clinic Near You!

Visit www.odh.ohio.gov/wicclinic

Call 1-844-601-0366

Text keyword pfy + your zip code to 67076

Visit signupwic.com

Like Us On Facebook: @ OhioWICProgram

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This institution is an equal opportunity provider.

High Calorie

Recipes



for children and women
who need to gain weight

*Developed for women & children
with long-term lower weight problems*



Online High Calorie Recipes

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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High Calorie Recipe Websites

<http://www.americandairy.com>

<http://avocadosfrommexico.com>

<http://beaninstitute.com>

<http://beefitswhatsfordinner.com>

<https://calbeans.org>

<http://chef4cf.com>

<https://www.drink-milk.com>

<http://www.eatingwell.com>

<https://www.incredibleegg.org>

<http://michiganbean.org>

<https://www.nationalpeanutboard.org>

<http://ohiopork.org/recipes/>



Main Meal



▲ Italian Burger

*Contains: Milk products (cheese)

- 6 ounces ground beef
- 2 Tablespoons onion, chopped finely
- 4 ounce sweet Italian sausage, casing removed
- ½ teaspoon Italian herb seasoning
- 4 4-ounce slices whole-milk mozzarella cheese
- ¼ cup warm pizza sauce, store-bought or already prepared
- 1 Tablespoon olive oil
- 2 sourdough hamburger buns

Grill on medium heat, or set stovetop to medium heat and lightly greased pan. Combine first four ingredients in a bowl. Form two patties about 1 inch thick. Grill or cook, about 6 minutes per side, until cooked throughout. After burger is cooked through, top each burger with 2 slices of mozzarella about 30 seconds before removing burgers from the heat. Brush olive oil on the inside of each hamburger bun and lightly toast on grill or pan until golden. Put ⅛ cup of warm pizza sauce in each hamburger bun. Then place the burger in the bun.

▲ Zesty Chicken Brown Rice and Cheese Skillet Dinner

From Franklin County WIC

*Contains: Milk products (cheese)

½ cup = child's portion

- Packaged brown rice
- 1 pound skinless chicken breast (cut into pieces)
- 1 teaspoon dried oregano leaves
- 1 can (14½ ounces) Italian style stewed tomatoes
- 1 - 10 ounce package Frozen green beans

Make 4 cups of cooked brown rice according to package.

Use a large nonstick skillet sprayed with cooking spray. Set at medium heat: Add 1 pound cut up boneless skinless chicken breasts (cut into chunks) and 1 teaspoon dried oregano leaves. Cook about 5 minutes.

Then add 1 can (14½ ounces) Italian-style canned stewed tomatoes, undrained and 1 package (10 ounces) frozen green beans.

After everything is cooked, mix rice with chicken mix in skillet and add 2 cups shredded cheddar cheese and 4 tablespoons butter or oil (unless low fat diet).



If your child could tell you what helps her eat better, she might say:

- ▲ Let's cook together. I can stir and add ingredients.
- ▲ Even if I need a highchair, pull it close to the table so I am a part of the family. It's not fun to eat alone.
- ▲ Foods are yummy and colorful. Let's talk about them.
- ▲ Let's eat together so you can show me how good foods are.
- ▲ I know when my tummy is full. Please do not make me eat more.
- ▲ Help me stay focused on eating. Turn off the TV or radio and, please, no texting.
- ▲ Feed me with my brothers and sisters. If they are playing, I want to stop eating and go play with them.
- ▲ Don't feed me snacks or drinks close to meals, or I won't be hungry at mealtimes. Wait at least 1 to 2 hours between meals and snacks.
- ▲ I can learn to like good, healthy foods if I eat them routinely.

Super Drinks

▲ **Strawberry Crush**
from Akron Children's Hospital

- 2 cups frozen strawberries
- ½ cup crushed pineapple
- ½ cup water
- ½ medium banana
- 6 tablespoons sugar
- ¼ cup lemon juice
- 2 tablespoons honey

▲ **Chocolate-Peanut Butter Shake**

- from Akron Children's Hospital
*Contains: milk products, peanuts
- ½ cup heavy whipping cream
 - 3 tablespoons creamy peanut butter
 - 3 tablespoons chocolate syrup
 - 1 ½ cup chocolate ice cream

▲ **Sherbet Shake**

- from Akron Children's Hospital
*Contains: small amount of milk
- ¾ cup sherbet (any flavor)
 - ½ cup lemon-lime soda
 - 2 tablespoons corn syrup
 - 2 tablespoons corn oil

▲ **Banana Grape Shake**

- *Contains: milk
- ¾ cup grape juice
 - ¾ cup whole milk
 - ½ banana
 - ½ cup lemon sherbet

Can't drink milk?
Try Pediasure™ or Boost® in any Super Drink for more calories and nutrition! Replace dairy foods in all recipes with: soy milk, lactaid milk, rice milk, non-dairy creamer, almond milk, tofu, soy yogurts or soy ice cream



Your diet is much more than a single meal. Beverages and snacks provide calories too!

TIP!

Blend up one drink and split into small servings between meals.

▲ **Super Berry Smoothie**

- *Contains: soy
- 1 cup vanilla soy milk
 - ½ cup apple juice
 - 1 cup blueberries
 - 1 ripe banana
 - 1 cup crushed ice

▲ **Apple Pie A La Mode**

- from Akron Children's Hospital
*Contains: milk products
- 1 cup apple pie filling
 - 1 cup vanilla ice cream
 - ½ cup milk
 - Dash of cinnamon

▲ **High Calorie Carnation® Shake**

- from Akron Children's Hospital
*Contains: milk
- ½ cup half and half
 - 1 cup ice cream
 - 1 pack Carnation® Instant Breakfast

▲ **High Calorie Shake**

- *Contains: milk
- ½ cup whole milk
 - 1 cup ice cream
 - 3 Tbsp dry milk powder

Need low fat?

Use low fat or fat free milk, half and half and ice cream.

Main Meal

▲ **Peanut Butter French Toast**

- From Franklin County WIC
*Contains: peanuts, milk

Spread peanut butter between two slices of whole wheat bread. Dip in egg, milk, cinnamon and vanilla (standard French toast mixture). Cook in olive oil on stove top until golden brown. Drizzle with honey.

▲ **Macaroni and Cheese** (from a box mix!) (3 servings)

- *Contains: Milk products
- 1 - 7.25 ounce package of macaroni and cheese dinner
 - ¼ cup butter or margarine
 - ¼ cup heavy whipping cream
 - ½ cup cheddar cheese, shredded

Boil 6 cups water in medium pan. Stir in macaroni and boil for 7 to 10 minutes, stirring occasionally. Drain macaroni and return it to the pan. Add butter, whipping cream, cheese and cheese sauce mix from the macaroni and cheese dinner package.

Reduce heat to low and mix well until cheese has melted.

For extra flavor, you can add any one of the following:

- 1 cup broccoli, steamed
- 2 hot dogs, boiled, thin sliced
- 6 slices bacon, cooked and chopped
- 1 large tomato, diced

For low fat, substitute low fat milk and reduce fat cheddar cheese.



Need Low Fat?
Substitute low fat milk, reduced fat cheeses.
Use lean ham or Canadian bacon for a quiche or pizza.

Main Meal



▲ Personal Pizza

*Contains: milk products

Individual pizzas can be made using:

• Bagels • English muffins • Pita bread • Bread

Toppings include: prepared pizza sauce, and a choice of;

• Pepperoni • Canadian bacon • Regular bacon
• Cooked ground sausage • Ham

Vegetables:

• Green or red pepper • Mushrooms • Tomato bits • Onion • Olives

Cheeses:

• Mozzarella • Provolone • Parmesan • Mixed Italian cheeses

Place bagel or English muffin or pita bread or bread on a baking sheet. Spread with pizza sauce. Arrange meat and vegetable toppings. Top with cheese. Bake at 400° degrees for 5-6 minutes for bread or pita bread and 10-14 minutes for the bagel or English muffin.

▲ EASY Pizza Sauce Recipe

Just mix together:

1 teaspoon oregano ½ teaspoon grated onion 1/8 teaspoon pepper
2 (8 ounce) cans tomato sauce ¼ teaspoon salt

▲ Bacon & Cheddar Cheese Quiche (8 servings)

From Nemours KidsHealth

*Contains: milk products, eggs

9" pie crust 6 eggs
2 cups heavy cream 1 cup cheddar cheese
8 ounces broiled or pan fried bacon

Preheat oven to 425°. Scramble eggs with a fork or whisk with cream in a medium mixing bowl until well blended. If you don't have heavy cream, you can use half and half or whole milk. Stir cheese into egg mixture. Sprinkle bacon over pie crust. Pour egg mixture over bacon. Bake for 15 minutes, then reduce heat to 325° and bake for approximately 35 minutes longer. Quiche is finished cooking when a knife inserted in the middle comes out clean. Let the quiche cool for a few minutes before cutting.

Snack Ideas

▲ "Philly" Banana Pudding

12 vanilla wafer cookies (crumbled) ¼ cup sugar
8 ounces soft cream cheese ½ teaspoon vanilla
1 cup whipping cream 2 medium bananas, mashed

Put crumbs in bottom of bowl. Combine rest of ingredients, mix well. Spoon into bowl. Refrigerate.

▲ Super Pudding *Contains: milk or soy

1 package instant pudding 1 cup whole milk or soy milk
1 cup whipped topping ½ cup non-fat dry milk (powder)

Mix and let chill 15 minutes.

▲ Chocolate Peanut Butter Balls *Contains: milk or soy, peanuts

2 cups sugar ¼ cup unsweetened cocoa
½ cup butter or margarine ½ cup peanut butter
½ cup milk or soy milk 1 teaspoon vanilla extract
3 cups quick-cooking oatmeal

(Makes 40 balls) Mix sugar, butter, milk and cocoa in heavy saucepan. Cook over medium heat. Stir until sugar is melted. Take off heat. Add peanut butter. Stir until peanut butter is melted. Stir in vanilla and oatmeal. Form into small balls and place on wax paper or a plate. Cool in refrigerator; Store in plastic bag or container in refrigerator.

▲ Chex® School Fuel (Makes about 8 cups)

from General Mills

¾ cup packed brown sugar 4 cups Corn Chex® cereal
6 tablespoons butter 4 cups Rice Chex® cereal
3 tablespoons light corn syrup ¼ teaspoon baking soda
¼ cup semisweet chocolate chips (optional)

Cover cookie sheet with waxed paper.

Microwave brown sugar, butter and corn syrup in a large microwavable bowl uncovered on High 1 to 2 minutes. Stir after each minute, until the butter is melted. Stir in baking soda until dissolved. Stir in cereals. Microwave on High 3 minutes. Stir every minute. Spread on cookie sheet. Cool 10 minutes. Break into bite-size pieces. **Optional:** Microwave chocolate chips in small microwavable bowl on High for 1 minute plus 30 seconds or until chocolate can be stirred smooth. Drizzle chocolate over snack. Refrigerate 30 minutes or until chocolate is set. Store in container or baggies.

Make sure snacks are small so meals are eaten well!

Snack Ideas



▲ Classic Guacamole

Recipe from the California Avocado Commission

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|---------------------------------|--------------------------|
| 4 ripe avocados, seeded, peeled | 1 clove garlic, crushed |
| 2 tablespoons lemon juice | ¼ cup fine chopped onion |
| 1 tomato, finely chopped | 3 drops hot pepper sauce |
| ¼ teaspoon ground cumin | |
| Tortilla chips | |

Using a fork, coarsely mash avocado with lemon juice and garlic. Stir in remaining ingredients to blend. (<http://www.avocado.org>)

▲ Hummus

Recipe from the Minnesota Department of Health

- | | |
|-------------------------------------|----------------------------|
| 1 can (15-16 oz) garbanzo beans | ¼ cup onion, chopped |
| 2 Tablespoons lemon juice | 2-3 cloves garlic, chopped |
| 2 teaspoons vegetable oil | 2 teaspoons cumin |
| 1/8 teaspoons ground cayenne pepper | ½ teaspoon salt |

½ cup tahini* (sesame seed paste)

*(Tahini can be found in the Indian section of most markets, or can be made at home by grinding toasted sesame seeds in a blender.)

Drain beans but save the liquid. Combine beans, lemon juice, tahini, onion, garlic, oil, cumin, pepper and salt in a blender or large bowl. Blend or mash until smooth. Add ¼-½ cup liquid from the beans as needed. Refrigerate 3-4 hours.

▲ Chewy Granola Bars (Makes about 12 bars)

*Contains: peanuts

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|--|---|
| 2 cups crisp rice cereal | ½ cup peanut butter |
| ½ cup light corn syrup | 1 teaspoon vanilla |
| ½ cup brown sugar, firm packed | ½ cup raisins, dried cranberries or other dried fruit |
| 2 cups dry oatmeal | |
| ½ cup sunflower seeds or chopped nuts (optional) | |

Butter or margarine to grease pan. Combine cereal, oatmeal, raisins or dried fruit, sunflower seeds or chopped peanuts (if desired) in a large bowl. Mix brown sugar and corn syrup in a small pan. Heat and stir until boiling. Remove from heat. Stir in peanut butter and vanilla. Pour over cereal mix and mix well. Press into greased 9 x 13 inch pan and let cool. Cut into bars and store in airtight container.

EASY TO MAKE WITH WIC FOODS!

Side Dishes

▲ Simply Sweet Potatoes (Makes about 10 servings)

*Contains: milk or soy, eggs

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| 3 cups sweet potatoes (cook whole, peel and mashed) | ½ cup milk or soy milk |
| 2 beaten eggs | 1 teaspoon vanilla |
| ¼ cup butter or margarine | ½ cup sugar or *honey |
| 1 teaspoon salt | |
- *(honey is not for children under 1 years old)

For sweet potatoes, place all ingredients in a bowl and mix with an electric mixer until smooth. Place into a greased 9 x 13 baking dish.

Topping:

- | |
|---------------------------|
| 1 cup brown sugar |
| ½ cup flour |
| ¼ cup butter or margarine |

Mix topping ingredients with a fork until pea-sized crumbs form. Sprinkle topping on top of sweet potato mix. Bake at 350° for 35 to 40 minutes.

For lower fat, substitute low fat milk and 3 egg whites for 2 eggs

▲ Cheesy Mashed Potatoes (Makes about 10 servings)

*Contains: milk products

- | | |
|---|-----------------------------|
| 4 cups prepared mashed potatoes | ½ cup sour cream |
| 1 ½ cups shredded cheddar cheese | ¾ cup Parmesan cheese |
| 9 slices of bacon, fried and crumbled | ¼ cup onion, chopped finely |
| 1 clove of garlic or ¼ teaspoon garlic powder | |

Topping:

- | | |
|------------------------------|------------------------|
| ¼ cup grated Parmesan cheese | ¼ cup butter, melted |
| 3 slices bacon, crumbled | 1 cup dry bread crumbs |

Preheat oven to 350°. In a large bowl, mix mashed potatoes, cheddar cheese, Parmesan cheese, sour cream, bacon, onion and garlic. Place potato mix into a greased 2 quart casserole dish. For topping, place melted butter, Parmesan cheese, bacon and bread crumbs in another bowl and mix well. Spread topping over potato mix. Bake 30 minutes or until topping is golden brown.

For lower fat, substitute low fat milk, reduced fat cheddar cheese, light sour cream and omit bacon.

Side dishes can be power packed with calories too!