

Yeled V'Yalda WIC Program
3820 14th Avenue • Brooklyn NY 11218
718-686-3799 • 718-871-7736 fax

★ ★ **NEW! NEW!** ★ ★

Yeled V'Yalda WIC Program is proud to introduce a brand new nutrition initiative for our participants:

Healthy Start Program - Start your day with a Healthy Start

Our goal is to encourage our participants to start every day with a healthy choice. Breakfast is the most important meal of the day. A healthy breakfast can make the difference in your entire day because a nutritious food at the start of your day starts your day off healthy and leaves you more productive.

Starting your day with physical activity will leave you feeling healthier and more energetic throughout the day. Physical activity can be something as small as climbing the steps instead of taking the elevator, or running with your kids to the bus stop.

How does the Healthy Start Choice Program work?



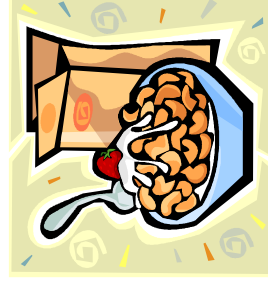
Every Yeled V'Yalda WIC participant will receive a Healthy Start Planner and pen at their nutrition education appointment to document their daily Healthy Start Choices. The weekly planner will help you assess and review your Healthy Start Choices by serving as your very own journal.

Healthy start breakfast and physical activity choices can be found in your planner on the left side. In addition to improving the overall nutrition and diet of our participants the Yeled V'Yalda WIC program is offering an additional benefit to documenting Healthy Start Choices. Participants arriving for the following appointment presenting the nutritionist with a completed week of Healthy Start breakfast and physical activity choices in the Healthy Start Planner receive a Healthy Start bowl and cereal box, graciously sponsored by General Mills.

For more information call the Yeled V'Yalda WIC office at (718) 686-3799

Remember: Healthy Choices are the Right Start to a Healthy Day!

WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, sex, age, or disability should write to the secretary of Agriculture, USDA. New York State prohibits discrimination based on creed, marital status and sexual orientation. Persons who believe they have been discriminated against based on the New York State Human Rights Law should call the Growing Up Healthy Hotline at 1-800-522-5006, or write to the WIC Program Director, Riverview Center, FL6W, 150 Broadway, Albany, NY 12204.

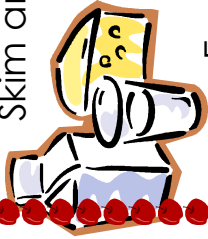


Healthy Choices – Start Your Day with a Healthy Start

The following is a guide to a variety of **Healthy Start Food Choices**:

Whole Grain Cold and Hot Cereals, Crackers and Breads

Skim and Low Fat Milk



Low Fat Yogurt, cottage cheese and fat-free cheese



Vegetable Omelets



Egg Whites

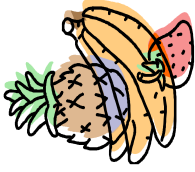


Cut up melon, such as cantaloupe, honey dew, and watermelon

Strawberries and blueberries

Pineapple

Oranges



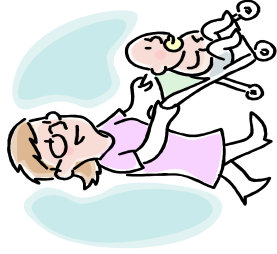
Peanut Butter

Dark Green Leafy Vegetables, peppers, cherry tomatoes, carrot sticks

Healthy Choices – Start Your Day with a Healthy Start

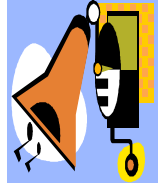
The following is a guide to a variety of **Healthy Start Activity Choices**:

🚲 Race your children to the bus stop and jog in place while waiting



🚲 Put your baby in the carriage and go for a walk

🚲 Put on some music and dance around the straightening up



house while

🚲 Need to go to work? Get off the bus or train one stop early or park your car a few blocks further and walk the rest of the way



🚲 Take the stairs instead of the elevator

