



# Nutrition News



## A TIME FOR HEALTHY EATING

### Noodley Tuna Bake

Makes about 9 (2½-by-2½-inch) pieces

#### Ingredients:

- 1 teaspoon vegetable oil
- 2 (6 ounces) cans of tuna
- 1 (8 ounces) package egg noodles, cooked according to package instructions, drained
- 1 (14 ounces) can of whole kernel corn
- 2 cups thinly sliced zucchini squash
- ½ cup shredded cheddar cheese

#### Steps:

1. Preheat oven to 350°F.
2. Grease 8-by-8-inch baking dish with oil.
3. In bowl, mix tuna, noodles, corn, and zucchini.
4. Spoon mixture into baking dish.
5. Top with cheese.
6. Bake for about 50 minutes or until hot and bubbly.

### Be Healthy- Stay Away from Junk Food

- ◆ When the weather is cold it's even more tempting to indulge in junk food. Although junk food can be eaten every so often, it is better to concentrate on healthy food.
- ◆ Candy, cookies, sodas, chips and sweet cereals can be expensive and low in nutrition. They are often high in fat, sugar and/or salt.
- ◆ Eating too many of these foods can make your child overweight or spoil their appetite for healthy meals.
- ◆ These foods can also cause tooth decay.

### Serve These Healthy Snacks

- Plain yogurt mixed with fruit
- Crackers and cheese
- Apples and peanut butter
- Cereal and milk
- Whole wheat toast and

### Enjoy the Extended WIC Cash Value Benefits for Fruits and Vegetables Through the end of March 2022

WIC participants receive a monthly CVB (Cash Value Benefit) on their WIC Card for buying fruits and vegetables.

The CVB amounts are:

- \$24 per child per month,
- \$43 per pregnant and postpartum participant per month, and
- \$47 per breastfeeding participant per month.

This does not apply to infant food packages.

### The CVB extension applies to benefits from January 1, 2022 through March 31, 2022.

The CVB for fruits and vegetables can be used at any approved WIC store currently



accepting the WIC Card.

WIC Office: 711 E. Main St. Quincy  
530-283-4093



**PLUMAS RURAL SERVICES**  
Serving People, Strengthening Families,  
Building Communities

[www.plumasruralservices.org](http://www.plumasruralservices.org)

This institution is an equal opportunity provider

### Any Questions?

#### Ask Your WIC Staff

Katy Dyrr, R.D. - Program Manager

Carmen Lopez - Nutrition Educator

Pamela Nixon - Nutrition Assistant

- ◆ Eat well balanced meals
- ◆ Keep physical active