

Monroe County WIC Spring Newsletter



Why Eat Cereal?

❶ Packed with Vitamins and Minerals

Cereal is packed full with whole grains, iron, folate, zinc, and vitamin B's and A's. For kids this is a leading source to help them take in all of those vitamins and minerals.

❷ Added Calcium

Cereal can be a great way to consume more calcium in either yours or your child's diet. While eating cereal a person is likely to consume 32% more milk, giving that person additional vitamins and minerals.

❸ Versatile

Cereal can be used in so many ways besides just eating it in a bowl with milk. Try adding cereal to yogurt with fruit, or using corn flakes to coat some chicken for tenders. Cereal can even be added into muffins as a partial whole grains substitute.

WIC News

Monroe County WIC offices are completing appointments remotely via phone calls

Please call (585)-753-4942 with any questions or concerns.



Frozen Banana Yogurt Bites

Prep Time: 15 minutes

Servings: 8

Ingredients

8 oz. of plain yogurt

3-4 cups of Cheerios cereal

4 ripe medium bananas



Instructions: Line cookie sheets with foil. Spoon yogurt into a shallow dish. Pour cereal into another shallow dish. Peel bananas, cut each into 6 pieces. Roll each banana piece in the yogurt and then in the cereal. Place the pieces into the cookie sheet and place in the freezer for about 1 hr. Once the bites are firm, enjoy the snack and place left overs into a freezer bag and store in the freezer.

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