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Nutrition Nuggets

Keeping Infants Safe in Midst of Formula Shortages

There are few things that worry a parent more than their children's health and safety. The ongoing infant formula shortage due to supply chain issues, which worsened due to a major formula recall in February, has left many caregivers feeling concerned and anxious about their options for safely feeding their infants. Families receiving formula through the Special Supplemental Nutrition Program for Women, Infants and Children, commonly known as WIC, are among the many affected by the recall. The Biden/Harris Administration and USDA's Food and Nutrition Service are taking many actions to help ensure WIC participants can get safe formula to nourish their babies. Some steps you can take to ensure the safety of your infant's formula include:

- Learn more about choosing an infant formula that's safe for your baby.
- Do not feed your baby cow's milk or other non-dairy milks until 1 year old, unless you've talked to your child's pediatrician.
- Don't make homemade infant formula or water down formula; there are serious health and safety concerns.
- Do not buy formula online that comes from outside the U.S., which could be counterfeit, have a fake label or a wrong use-by date.
- Prepare and store infant formula according to the manufacturer's instructions; do not water down formula.
- Properly clean, sanitize and store infant feeding items.
- Always wash your hands when handling formula and feeding items.
- Talk to your pediatrician about introducing complementary foods by 6 months (no earlier than 4 months). Visit MyPlate to learn more.

Please note: Only medical professionals are qualified to provide advice on acceptable alternatives to formulas that may currently be difficult to find. The American Academy of Pediatrics offers tips for parents and caregivers who are struggling to find baby formula during the shortage. Please talk with your pediatrician about safe and appropriate feeding alternatives for your child if needed.

The Food and Nutrition Service takes seriously its role in making sure infants served by FNS programs, including WIC, have access to the safe, healthy food they need to thrive. We are committed to helping families navigate this difficult time.

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Watermelon, Cucumber and Feta Salad

6 cups cubed, seedless watermelon
1 (8 oz) block feta cheese, cut into 3/4 in cubes
1/4 cup thinly sliced shallot
1 tsp thyme leaves
1/4 tsp black pepper
1/2 cup torn mint leaves

3 cups chopped cucumber
1/2 cup red wine vinegar
2 tbsp fresh lemon juice
1/2 tsp kosher salt
3/4 cups olive oil



Combine watermelon, cucumber, and feta in a large bowl; set aside. Combine vinegar, shallot, lemon juice, thyme, salt, and pepper in a medium bowl. Slowly drizzle in oil, and whisk until emulsified. Toss watermelon mixture with 1/2 cup of the dressing. Transfer to a serving platter, and drizzle with remaining dressing. Sprinkle with mint leaves before serving.
www.southernliving.com

5 Reasons to Add Color

Colorful, delicious and nutritious foods keep our bodies and minds healthier, longer. This information from the American Heart Association details five reasons to eat more color.

1. Lots of the good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.

2. Less of the bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3. Won't weigh you down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.

4. Super flexible superfoods.

All forms of fruits and vegetables, fresh, frozen, canned, and dried, can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

5. A whole-body health boost.

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.

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