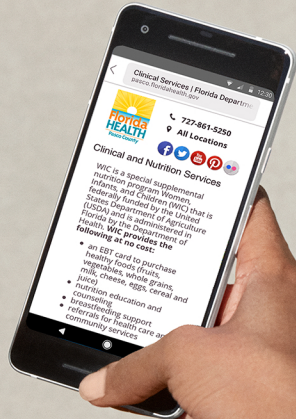


Go to pasco.floridahealth.gov to find out more!

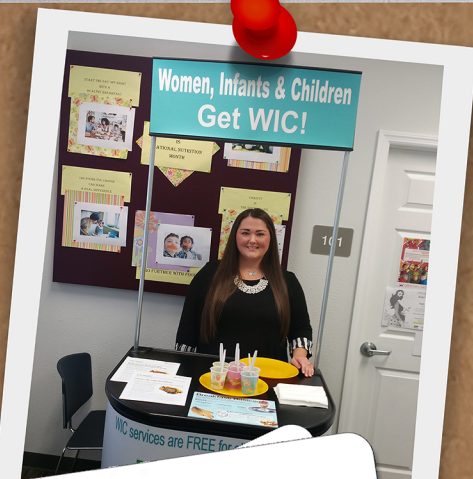


Go to signupwic.com to apply for WIC.

Community and Provider Referrals



Nutritious food for pregnant and breastfeeding women.



Nutrition Education and Cooking Demonstrations



Mom & Baby Group



Infant Feeding Class



Four Bean Chili

Mango Chicken Stir-Fry

Ingredients	Directions	Cost and Nutrition
<ul style="list-style-type: none"> Nonstick cooking spray 1 lb. boneless, skinless chicken breast 1/4 cup pineapple juice* 1/4 cup low-sodium soy sauce 1/4 cup ground ginger* 1 red bell pepper, sliced* Optional: 1/4 cup whole almonds 2 eggs cooked brown rice* 	<ol style="list-style-type: none"> Stir in a large wok or skillet with nonstick cooking spray. Sauté chicken over medium-high heat until cooked through, about 10 minutes. In a small bowl, stir together pineapple juice, soy sauce, and ground ginger. Add sauce and toss pepper to the skillet. Cook the stir-fry for about 5 minutes. Add the pineapple and almonds to the wok or skillet and cook until the wok or skillet is hot. Remove from heat. Season with ground black pepper. Serve with rice. 	<p>Nonstick cooking spray \$0.01 Chicken \$1.98 Pineapple \$0.50 Soy sauce \$1.50 Ginger \$0.29 Bell peppers \$0.99 Almonds \$2.50 Brown rice \$0.99</p> <p>Total Cost: \$4.99 Cost Per Serving: \$1.25</p> <p>Serving Size: 1.5 cups Total servings: 4 Calories: 172 Protein: 31g Sodium: 499g</p>

WIC Recipes