

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

December 2013

## Homemade Cornbread Mix

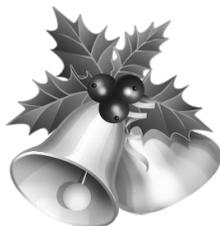
## Country Chili Mix

## Cranberry-Oatmeal Cookie Mix

## Friendship Soup Mix

### Homemade Cornbread Mix

1 cup flour  
¾ teaspoon salt  
¼ cup sugar  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ cup dry milk powder  
1 cup plus 2 tablespoons cornmeal



1. Gift Instructions: In a large bowl, mix all the ingredients. Place the mixture in a clean quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe. For best flavor, use this mix within nine months.
2. Baking Instructions: Additional ingredients needed include 1 egg, 1 cup water and 2 tablespoons oil. Preheat oven to 425 degrees. Pour homemade cornbread mix into a large bowl. In a second bowl, combine egg, water and oil. Add liquid ingredients to dry ingredients and stir well. Pour into an 8 x 8-inch greased baking pan and bake for 20 to 25 minutes until the top is golden brown. Note: One cup skim or 1% milk can be used in place of the ½ cup dry milk powder and 1 cup water if you are just making the cornbread recipe and not the gift jar.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 150 calories, 4 grams of fat, 25 grams of carbohydrates and 330 mg sodium.

### Tips for Raising Healthy Eaters

Cook together. Eat together. Talk together.  
Make meal time family time.

### Country Chili Mix

1 pound dry kidney beans  
3 tablespoons chili powder  
2 tablespoons dehydrated onions  
1 tablespoon garlic salt or garlic powder  
1 teaspoon oregano  
¾ teaspoon salt  
¼ teaspoon cayenne pepper (optional)



1. Gift Instructions: Pour the kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe. For best flavor, use this mix within one year.
2. Cooking Instructions: Additional ingredients needed include 10 cups water (for soaking beans), 1 can (8 ounces) reduced-sodium tomato sauce, 1 can (28 ounces) diced tomatoes, 1 pound lean ground beef or turkey and 6 cups water (for cooking beans). Rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse the beans. Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. Note: Three cans (15 to 16 ounces each) of kidney beans can be used in place of the dry beans if you are just making the chili recipe and not the gift jar.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 240 calories, 6 grams of fat, 21 grams of carbohydrates and 290 mg sodium.

### Breastfeeding:

#### Why breastfeed?



*"I breastfeed my babies because it is, by far, the easiest sacrifice for my baby's health! The milk is loaded in nutrients. The bonding is unbeatable, and the price is definitely right!"*

~ Joni, WIC Breastfeeding Mom from Turtle Mountain WIC

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Cranberry-Oatmeal Cookie Mix

- 1 cup plus 2 tablespoons flour
- 1 cup rolled oats
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup brown sugar
- ¼ cup white sugar
- ½ cup dried cranberries
- ½ cup white chocolate chips



1. Gift Instructions: Layer the ingredients in a clean, quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe. For best flavor, use this mix within nine months.
2. Baking Instructions: Additional ingredients needed include ½ cup butter, 1 teaspoon vanilla and 1 egg. Preheat oven to 350 degrees. In a large bowl, mix butter, vanilla and egg together until smooth. Add cookie mix and mix well. Place by spoonfuls onto a greased cookie sheet and bake for 8 to 10 minutes until golden brown.

**Nutrition Note:** This recipe makes 28 cookies. Each cookie has 100 calories, 4.5 grams of fat, 13 grams of carbohydrates and 70 mg sodium.

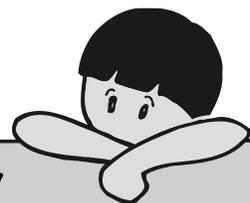
### Homemade Gift Tips

- Create themed gift baskets such as movie lovers, gardening, sports, etc.
- Fill a holiday mug with packets of flavored tea, hot cocoa or coffee.
- Create a recipe booklet with favorite holiday recipes.
- Tie a packet of soup mix to a large wooden spoon. To complete the gift, include a bowl and a package of biscuit mix.
- Create homemade calendars for family members highlighting birthday and anniversary dates.
- Repurpose old tins, filling them with cookies, muffins or other holiday goodies.



The *Pick-WIC Paper* is developed for the North Dakota WIC Nutrition Program  
North Dakota Department of Health  
600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200  
800.472.2286, option 1

### Turn Off the TV



Pretend to skate on paper plates. Add some style and some tricks.

Source: [www.headstartbodystart.org](http://www.headstartbodystart.org)

### Friendship Soup Mix

- ½ cup dry split peas
- 2 tablespoons beef bouillon granules
- ¼ cup pearl barley (regular cooking)
- ½ cup dry lentils
- ¼ cup dry, minced onions
- 2 teaspoons Italian seasoning
- ½ cup white or brown rice
- ½ cup macaroni noodles



1. Gift Instructions: In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe. For best flavor, use this mix within one year.
2. Cooking Instructions: Additional ingredients needed include 1 pound lean ground beef or turkey, 3 quarts water and 1 can (28 ounces) diced tomatoes. Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done).

**Nutrition Note:** This recipe makes 12 servings. Each serving has 150 calories, 4 grams of fat, 12 grams of carbohydrates and 390 mg sodium.

Source: NDSU Extension Service Publication, "Mix It Up to Expand Your Gift-giving Dollar with Food Mixes in a Jar" – <http://www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf>.

## GROWING HAPPY FAMILIES



### Mix It Up to Expand Your Gift-giving Dollar.

When the holiday season rolls around, many family budgets become strained. To help reduce the stress of the upcoming holiday season, try making gifts instead of purchasing them.