



HELPING HANDS FOR FAMILIES – WINTER

Paint the Snow



how to make
SNOW PAINT



Materials:

- Squirt Bottle or Spray Bottle
- Water
- Food Coloring

Instructions:

1. Pick out the container and fill it with water.
2. Add a few drops of food coloring and mix.
3. Go outside and spray/squirt the snow to create a masterpiece!

Sweet Potato, Black Bean & Lentil Chili

Ingredients:

- 1 tbsp oil
- 1 onion, diced
- 5 cloves garlic, minced (or 1/2 tsp garlic powder)
- 2 tbsp chili powder
- 1 tsp paprika
- 3/4 tsp cumin
- 1/2 tsp cayenne pepper (optional)
- 1 1/2 tsp salt
- 6 cups water or vegetable broth
- 1 25-28oz jar plain tomato-based pasta sauce
- 2 cups green lentils
- 4 carrots, diced
- 1 large sweet potato, peeled and cut into 1/2 inch cubes
- 2 cans black beans, drained and rinsed
- Optional toppings: sour cream, avocado slices, & grated cheese

Marquette County Family Connections Coalition links families to community agencies for information, education and support.



Directions:

1. In a large pot over medium heat, add the olive oil and diced onion. Sauté about 3 minutes.
2. Add the garlic (or garlic powder), chili powder, paprika, cumin, cayenne (if using), and salt. Cook for about 2 more minutes.
3. Add the water or vegetable broth and pasta sauce. Stir in the lentils and carrots.
4. Turn up the heat to high, bringing to a boil. Once it boils, reduce heat to medium low, cover, and simmer for 10 minutes.
5. After 10 minutes, add cubed sweet potatoes and black beans, and simmer on medium low for 40-50 minutes or until the lentils are tender. Add extra water or broth to thin, if needed.
6. Garnish with desired toppings. Serve and Enjoy!

Marquette County Family Connections Coalition

Volume 17—Issue 4
Winter 2022

Marquette County Health Department
608-297-3135

Marquette Early Learning Center & Head Start
608-296-2141 x 2217

Marquette County UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County Economic Support
608-297-3124

Work Smart Employment & Training Services
608-355-4808

Westfield School District Family/School Liaison & Guidance Program
608-296-2141

Montello School District
608-297-7617



Save the Date!

Family Adventure Day
April 15th, 2023



Marquette County Parent Café

Parent cafés are a fulfilling way for parents to talk, listen, and support each other with stressors, worries and challenges that many have struggled with alone. Parent Cafés help build strong families using The Five Protective Factors.

Virtual Café Sessions
6:30-7:30 pm

Thursday, December 15th
Thursday, January 12th
Thursday, February 16th

Join us from the comfort of your own home; find a place with as few distractions as possible. Please share your camera, we want to be able to see you!

Thanks to a Primary Prevention Grant through the Child Abuse and Neglect Prevention Board, we will again be offering concrete supports each time you attend a café.

Virtual Café starts at 6:30
Please feel free to log on a few minutes early to make sure that the technology is working correctly.

Registration is required. We will share the logon information with attendees the morning of the café.

Register by scanning the QR code:



For questions or to register by phone, please call Childcaring at 800-628-8534.



Extension
UNIVERSITY OF WISCONSIN-MADISON
MARQUETTE COUNTY

An EEO/AA employer, Extension University of Wisconsin-Madison provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.



TOUCH A TRUCK
August 19th, 2023
10:00am- 1:00pm
Marquette County Fair Grounds

HOW CAN YOU HELP?

- Bring a vehicle!
- Set up a fun activity booth
- VOLUNTEER!!!
- Donate a bike or raffle basket
- Sponsor an activity!

Save the date!!!

Scan code to register a vehicle or volunteer!!



Organized by:

Extension University of Wisconsin-Madison Marquette County

Marquette County Parent Leadership Team

Childcaring Central WI Early Education Resources

For more information contact:
mindy.trimble@yahoo.com or hannah.zellmer@wisc.edu

WHAT FOODS DOES WIC OFFER?*

The WIC food package includes a variety of healthy options to help pave the way for a lifetime of nutritious eating.

 BEANS	 WHOLE GRAINS	 FRUITS & VEGETABLES
 CHEESE	 CEREAL	 EGGS
 CANNED FISH	 PEANUT BUTTER	 MILK
 100% FRUIT JUICE	 INFANT FORMULA	 INFANT CEREAL & BABY FOOD

Did you know WIC offers the following?



HEALTHY FOOD + NUTRITION TIPS

We help you and your kids eat nutritious meals. We provide:

- monthly benefits to buy healthy food.
- tips on how to shop for healthy food, how to cook it, and how to encourage your kids to eat it.
- a larger food package if you breastfeed exclusively to help you stay healthy.
- nutrition education and food tailored to pregnant women.



A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- nutritionists to help you and your kids eat well
- breastfeeding specialists to help you breastfeed successfully
- other moms for sharing experiences and for moral support



REFERRALS

We introduce you to care beyond WIC, including:

- healthcare professionals such as pediatricians and dentists
- immunization services
- other social services

Green Lake, Marquette, and Waushara Counties

920-787-5514
Famhealth.org/wic-services
Instagram.com/wicmobile
Facebook.com/FHLCWIC



Triple P: Positive Parenting Program

Provide parents of children ages 0-12 years with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior. Questions? Contact Hannah Zellmer: hannah.zellmer@wisc.edu or 608 297 3139

January 30th • 5:30pm-7pm *The Power of Positive Parenting*

February 27th • 5:30pm-7pm *Raising Confident, Competent Children*

This material includes communication from a third party other than the School District of Westfield and is not sponsored by the District. The District's permission to distribute non-school material is not an endorsement of an activity, person, organization, or the subject matter of the material by the District, its officials or employees.