

September

Bini'anit'ááts'ósi

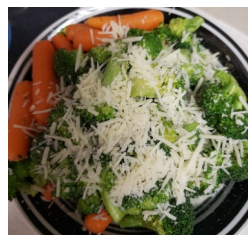
"Ripening of the Late Crops"



Monthly Nutrition Topic:

Stay Strong with Iron

- ◆ Is mineral needed to keep your body and blood healthy.
- ◆ Helps give you energy.
- ◆ Helps with growth and brain development.
- ◆ Helps prevent sickness and infections.



Blue Corn Zucchini Bread

Ingredients

- 3 cups shredded zucchini (2 to 3 medium)
- 1 2/3 cups sugar
- 2/3 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs
- 1 cup Blue Corn Meal
- 2 cups white flour or wheat flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon baking powder
- 1/2 cup coarsely chopped nuts*



Heat oven to 350°F. Grease bottoms only of 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan with shortening or cooking spray.

In large bowl, stir zucchini, sugar, oil, vanilla, blue corn meal and eggs until well mixed. Stir in remaining ingredients except nuts. Stir in nuts. Divide batter evenly between 8-inch pans or pour into 9-inch pan.

Bake 8-inch loaves 50 to 60 minutes, 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes, or until toothpick inserted in center comes out clean. Cool in pans on cooling rack 10 minutes.

Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

**I don't add nuts to my bread, due to nut allergies.*

Recipe contribute: ONez



Breastmilk is the best food for the first year of life. It helps babies grow healthy and strong and protects them from infections and illness. Breastmilk is custom made to be the perfect food for your baby.

*Breastfeeding 24/7 Helpline:
1928-309-0215*

50 WIC HONORING THE PAST. NOURISHING THE FUTURE.

Navajo WIC Nutrition Program

Toll-Free (800) 307-4231



Empowering Families

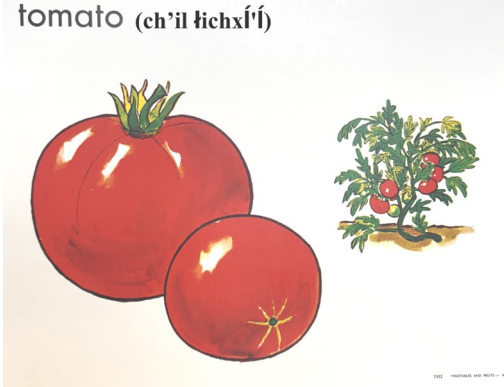


Strengthening Communities

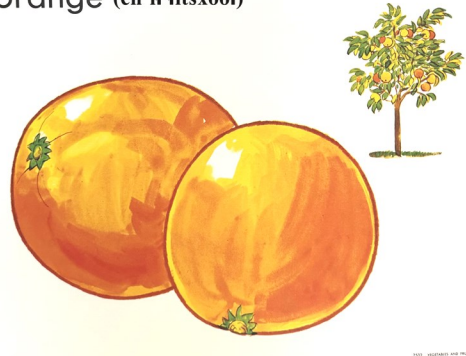
Activity for My Family

Making Navajo/English Fruit & Veggie Flash Cards

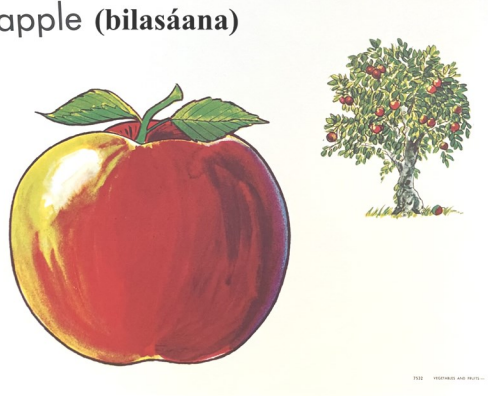
tomato (ch'íl fíchxí'í)



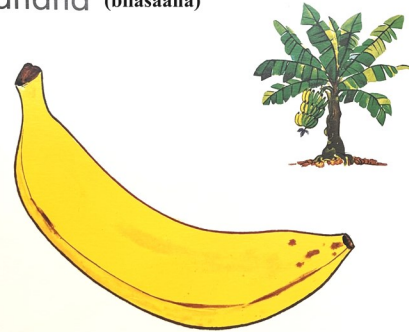
orange (ch'íl fítsxool)



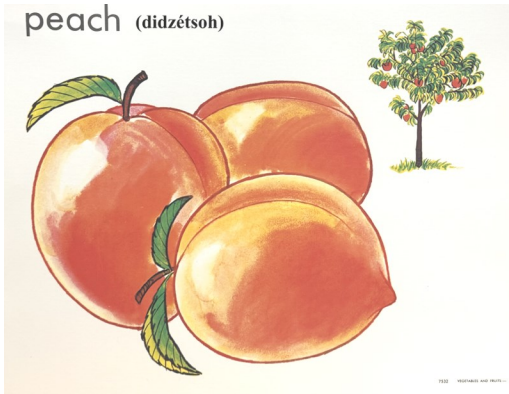
apple (bilasáana)



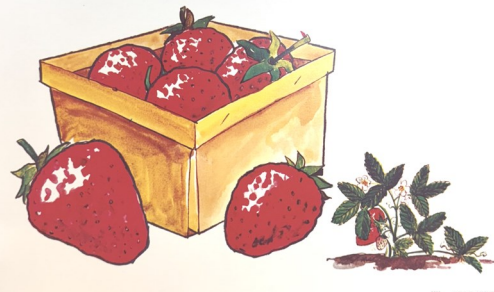
banana (bilasáana)



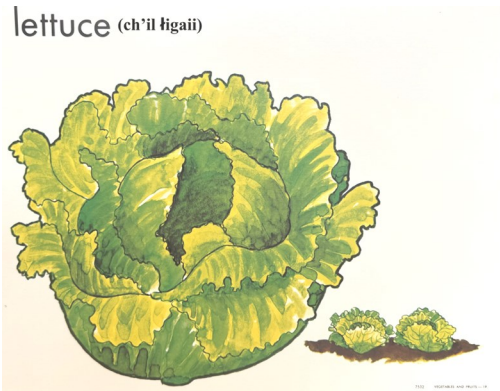
peach (dídzétsoh)



strawberry (dahwoozh)



lettuce (ch'íl fígaii)



cucumber (ta'neesk'áni dik'ozhígíí)

