

Branch-Hillsdale-St. Joseph Community Health Agency

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FOR IMMEDIATE RELEASE

Paint those Easter Eggs!

(Coldwater, MI.) Painting eggs is a big deal in homes with small children this week. The WIC Program at the Branch-Hillsdale-St. Joseph Community Health Agency would like to offer some suggestions to help you and your family properly prepare your eggs, so as to assure they are safe to eat.

- Make sure you boil the eggs long enough so the egg white and yolk are solid. For large eggs, this would take about 12 minutes.
- When dyeing Easter eggs, make sure to dye them in food-safe coloring and return them to the refrigerator within 2 hours.
- While hunting for Easter eggs, make sure the shells do not crack. Eat all hard-boiled eggs within one week.

According to Dave Fowler, WIC Coordinator for the tri-county health department, "Eggs are a good source of protein and can help with weight management, muscle strength, brain function and eye health. Egg yolks contain choline, which is an essential nutrient that contributes to a healthy pregnancy by aiding with fetal brain development and helping to prevent birth defects." Eggs are one of the many nutritious foods that are available through the tri-county health department's WIC program.

Dave adds "WIC not only provides supplemental food, it provides good nutritious foods that a growing family needs. Through WIC, a family receives their benefits on a card which they swipe at their local grocery store to purchase eggs, milk, cheese, tuna, cereal, whole grain breads and so much more. The program also provides online education to help young moms learn how to prepare foods and meal plan so that their children can get a good, healthy start in life."

WIC is a supplemental food and nutrition program for pregnant, post-partum and/or breastfeeding women and their children up to age five years. To learn more about the WIC program, visit our website at www.bhsj.org or stop by your local county health department office and they can assist you with signing up. Let WIC make your Easter 'egg'cellent!

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WIC is an equal opportunity provider.

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