

# Frozen or Pourable

# Concentrated Juice



WIC gives concentrated juice to **women** on the program. (Children aged 1-5 get the bottled juice from WIC.)

## What is concentrated juice?

Concentrated juice comes in a small can. It has had water removed and takes up less shelf space than bottled juice. Before drinking, it needs to be mixed with water. For WIC you can choose the frozen (11.5-12oz) or pourable (11.5oz) types.



## How do you make concentrated juice?

Read the directions on the can. For most concentrated juices you should mix 1 can of juice with three cans of water.



1 can of juice



Take the empty can of juice and fill it with water 3 times



Combine in a pitcher and enjoy!

## What types can you buy?

Look at your *Food List & Shopping Guide* booklet or the *WIC Shopper App* to find what brands and types are WIC approved. We have many different flavors including:

Apple Grape Orange And more!



## Juice & Nutrition

Any fruit or 100% fruit juice counts as a part of the fruit food group. Fruits may be fresh, canned, frozen, or dried. Fruits can be a great source of vitamin C, potassium, and folic acid.

It is better to get more of your fruit from whole fruit 🍐 not juice. 🍹

Because whole fruits 🍉 (like fresh, frozen, or canned) have more fiber.

Women need 1.5 to 2 cups of fruit every day. At least half should come from whole fruits. 🌸 A serving size of juice for a woman is 1/2 cup or 4 ounces.

## Orange Slushie

### Ingredients:

- 1 (12 oz.) can frozen orange juice concentrate
- 1 cup water
- 2 cups low-fat milk
- 1 tsp. vanilla
- 8 ice cubes

### Directions:

1. Place all ingredients in a blender and process on high until smooth. Serve right away. Makes 8 servings.



*Recipe and photo from food.unl.edu*

## Crock Pot Orange Chicken

Makes 4 servings

### Ingredients:

- 4 chicken breasts
- 3/4 cup orange juice concentrate
- 3/4 cup BBQ Sauce
- 2 Tbsp. soy sauce
- Orange Slices

### Directions:

1. Cook chicken in crockpot for 3 hours-covered, then drain the juices from the chicken.
2. Mix juice concentrate, bbq sauce, and soy sauce together and pour mixture over chicken. Place orange slices over and around chicken.
3. Cover and cook for an additional 30 minutes.

Serve with whole grain rice and steamed vegetables.



*Recipe and photo from Oldorchard.com*