

Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | www.ofoinc.org

Cherry Walnut Chicken Salad

Delicious chicken salad featuring a combination of dried cherries, walnuts and baby spinach tossed with a simple oil-and-vinegar dressing.

Ingredients

- 4 chicken breasts (about 1-pound) grilled/cooked and cut into cubes
- 1 bag (8-ounces) baby spinach
- 1 cup crumbled gorgonzola cheese
- 1 bag (5-ounces) dried cherries (When in season, you can also use fresh chopped cherries)
- 1 cup chopped walnuts
- extra virgin olive oil and red wine vinegar, to taste



Instructions

1. Place spinach in a large salad bowl.
2. Top with chicken, cheese, cherries and walnuts.
3. Add oil and vinegar; toss to combine.
4. Serve.

Lightened Chocolate Cheesecake Squares

Ingredients

Cheesecake filling

- 1 ½ cups Strained nonfat plain Greek yogurt
- ½ cup Fresh cherries, chopped
- 1 Tbsp. Honey
- 1 packet Stevia
- 2 Tbsp. Lemon juice

Nutri-Savvy Granola Base (for pie crust)

- ½ cup Trail mix - raw nuts (almonds, cashews), seeds and raisins
- ¼ cup Roasted chickpeas
- ¼ cup Freeze-dried fruit (cranberries work well with the filling)
- 2 Tbsp. Flax meal
- 3 Tbsp. Maple syrup
- 1 Tbsp. Coconut oil
- 1 packet of Stevia

Instructions

1. Strain yogurt for 2 hours or more until very dense and most of the liquid is removed (or buy strained yogurt)
2. Prepare Nutri-Savvy Granola base: In a food processor, add all the ingredients and process until well incorporated
3. Line the bottom of the bread loaf pan with the nutty base (pie crust). Layer chopped cherries onto the crust, set aside
4. Mix the strained yogurt with honey, stevia and lemon juice. Fold cheesecake mixture on top of cherries
5. Freeze for at least a couple hours, then refrigerate or set on the counter to thaw
6. Cut into 2.5 inch squares. Garnish with a cherry and enjoy!



Hours of Operation

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| Monday | 8:00AM – 5:00PM |
| Tuesday | 8:00AM – 5:00PM |
| Wednesday | 8:00AM – 6:00PM |
| Thursday | 8:00AM – 5:00PM |
| Friday | 8:00AM – 5:00PM |

We are open on the 4th Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, February 28th.

Outreach Days*

February 3rd & 13th Richfield Springs
9:45 AM – 2:00PM

February 14th Cooperstown
9:30AM – 2:00PM

February 17th Cherry Valley
9:45AM – 2:00PM

*last appointments on site days are at 1:30 pm

Closings

WIC will be closed on Monday, February 20th in observance of Presidents' Day.

February is all about Children's Dental Health!

February is all about Children's Dental Health, but what about Mom? Did you know it is safe for Mom to go the dentist while pregnant? The sooner we start dental care during pregnancy, the better outcomes for the baby in the long run.

Dentists were concerned and apprehensive about treating Pregnant Moms and doing any actual procedures that required medications; there continue to be unclear guidelines and combined with patient's lack of insurance and overall fear create barriers to dental care during pregnancy. Having teeth checked to see if there are any dental issues and then having them fixed reduces the risk of whatever infections or bacteria may travel through your bloodstream to the baby. There are even agents used to lower the bacterial load in the mouth and reduce transmission to the baby that can be taken late pregnancy, post-partum and during breastfeeding.

Did you know that ¼ of women of reproductive age have dental caries and that the risk increases during pregnancy? Why is this? Pregnant women have an increased acidity in their mouths, especially with "morning sickness", crave sugar and don't pay much attention to their teeth. The pH of our saliva determines how much it protects or eats away at our teeth, the higher the acidity, the more it eats away. We want the give the pH a chance to neutralize, especially after

we eat and that takes about an hour to occur. Our saliva helps protect our teeth and enamel, which is important for our teeth. It is more likely for a child to have dental issues if their parents do as well. The easy solution is to make sure you brush twice a day with a fluorinated toothpaste and limit sugary foods to prevent them from forming. Children also learn from watching their parents, if they see you do they are more likely to emulate you.

There are dental issues that mothers have to be aware of. Gingivitis is the most common, occurring in 60-75% of all pregnant women, and half of them had gingivitis before pregnancy with it being exacerbated during. Gingivitis is an inflammation of the gums; it is aggravated by fluctuating estrogen and progesterone levels combining with changes in oral flora and a decreased immune response. Proper brushing and flossing often remedies it but some need professional cleaning. It is very important to take care of your teeth and proper dental care is important for you and your baby.

Every pregnant woman should be screened and examined for any dental issues they may have and a dental plan created. It is safe to undergo dental procedures during the second trimester, local anesthesia is safe to be used and appointments should be kept short to keep you comfortable, something very important during pregnancy, so go get those teeth checked!

Breastfeeding Peer Counselor Section

When you are expecting, you hear lots of information about how breastfeeding is good for your baby. Less talked about is how good breastfeeding is for a mom. There are both short and long term benefits for women who breastfeed.

Last month we focused on the short-term benefits that breastfeeding gives to a woman's health. Now we will go over some of the long-term benefits breastfeeding gives to a woman over her lifetime: even in older age, long after her children are grown up. You may be surprised.

Women who breastfeed, as compared to those who do not, generally have a lower likelihood of developing:

- Type 2 Diabetes.
- Heart disease (the leading cause of death in women).
- Uterine and ovarian cancer.
- Breast cancer. Studies suggest a woman who breastfeeds for 6-24 months in her lifetime (adding up her babies counts) lowers the risk of breast cancer by 11%-25%.
- Osteoporosis. Women who breastfeed are 4 times less likely to develop osteoporosis as an older woman. While making milk for a baby does take calcium from a woman's body, after weaning her bones return to their pre-pregnancy density and maybe even higher.

It is theorized that the longer a Woman breastfeeds throughout her lifespan, the lower her risks. Now you know that breastfeeding is good for you too. It gives both you and your baby lifelong benefits.

To learn more, check out these sources: "A Well Kept Secret, Breast Feeding's Benefits to Mothers" by Alicia Dermer, MD, IBCLC, Illi.org
"7 Ways Breastfeeding Benefits Mothers" Askdrsears.com

February is National Cherry Month!

Cherries are a nutritional powerhouse and while we often see them in pie, they are a great addition to any recipe or to eat alone. Cherries are a stone fruit, meaning they have a solid pit in the center, peaches and plums are also stone fruits.

Cherries are native to Eastern Europe and Asia Minor, and while there are several species of cherries we mostly see wild or sweet cherries and sour or tart-cherries. The cherry native to the Western Indies is grown in Mexico and Texas due to its warmer climates.

Cherries are rich sources of vitamins, minerals and phytonutrients. The rich color of cherries indicates their richness in antioxidants, especially anthocyanins. Anthocyanins act as anti-inflammatory drugs and may offer potential benefits against chronic pain associated with arthritis, fibromyalgia and sports injuries. Recent studies also suggest that these antioxidant compounds can help the human body fight cancer, neurological diseases and aging and pre-diabetes. Cherries also contain melatonin, an antioxidant that has soothing effects on the brain and nervous system, allowing you to relax and fall asleep. They are great at combating insomnia and headaches.

Cherries are full of so many nutrients, they are a great source of Vitamin C and anti-oxidants, good sources of copper and also provide some potassium, iron, manganese and a little bit of zinc. Cherries can be used in anything or eaten alone; they are a refreshing treat in the summer when they are fresh. You can add them to salads, fruit salads and even topping a fresh tossed salad. You can use dried cherries in fruit-cakes, breads, cookies and muffins and canned or fresh in pies

and pastries.

Fresh Cherries are in season from May to August with the most sweetest being grown in the US in Washington, Oregon, Idaho, Utah and Montana, 90% of tart cherries grow in Michigan and are usually processed and frozen or found canned, dried or in juices, sweet cherries are the ones we normally find in the produce section as Bing, Rainier or Lambert Cherries. With fresh sweet cherries last up to 10 days refrigerated while Tart cherries usually only last 2 or 3, if you can find them. Cherries are picked ripe so there is no need to wait for them to ripen and you can enjoy them once you wash them! The growing season is short in the US making them a summer favorite. Nutritionally sweet cherries have slightly more calories, carbohydrates and potassium while tart cherries contain more Vitamin C. All cherries are a great source of beta carotene and fiber and can even help lower cholesterol and fight inflammation! While they are a great treat, the juice tends to stain your fingers and clothes, so be prepared for stained fingers for about a day, it's a livable disadvantage! Enjoy your cherries when you can, they are delicious, nutritious and fun to eat!



Some Valentine's Day Fun!

Valentine's Day is upon us and what better way to get you kids involved in showing their love is there than being creative and spending time together.

You can:

1. Play **I Spy** by cutting out small hearts and putting them around the house for your kids to find, try on door knobs, cabinets, walls, toys, even each other!
2. Cut hearts out of red paper, make them broken hearts with one side has the number and the other has the number of dots so kids can match them up
3. Make a handprint "flower" bouquet by putting red hand prints on paper, drawing stems and leaves, even adding a bow and turning it into a homemade Valentine. If you don't want to use your hands you can use a bunch of celery by cutting off the leafy ends, rubber banding them together and making a stamp that resembles flower petals and when you are done just cut off the end and you can still eat it!
4. When you go on your Winter Nature walk on one of the many trails you can have a little scavenger hunt, here's a list!



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