

## Cool Beans Salad

### Ingredients:

- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 Tbsp. sugar
- 1 garlic clove, minced
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ¼ tsp. pepper
- 3 cups cooked basmati rice
- 1 can kidney beans, rinsed and drained
- 1 can black beans, rinsed and drained
- 1 ½ cups frozen corn kernels, thawed
- 4 green onions, sliced
- 1 small sweet red pepper, chopped
- ¼ cup minced fresh cilantro

### Directions

In a large bowl, whisk the first eight ingredients. Add the remaining ingredients; toss to coat. Chill until serving.

Tip: Can use canned corn, just need to drain; any canned bean will also work and the longer the salad is chilled, the more the flavor melds.



## Pesto Pasta & Potatoes

### Ingredients:

- 1 ½ pounds small red potatoes, halved
- 12 oz. uncooked whole grain spiral pasta
- 3 cups cut fresh or frozen green beans
- 1 jar (6 ½ oz.) prepared pesto
- 1 cup grated Parmigiano-Reggiano cheese

### Directions

1. Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 8-10 minutes. Drain; transfer to a large bowl.
2. Meanwhile, cook pasta according to package directions, adding green beans during the last 5 minutes of cooking.
3. Drain, reserving ¼ cup pasta water, and add to potatoes.
4. Toss with pesto, cheese and enough pasta water to moisten



# Growing Stronger Families

WIC Newsletter | June 2019

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



**WOMEN, INFANTS & CHILDREN (WIC)**

## Hours of Operation

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 4<sup>th</sup> Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, June 22<sup>nd</sup>.

## Outreach Days

June 7<sup>th</sup> & June 17<sup>th</sup> Richfield Springs  
9:45AM – 2:00PM

June 11<sup>th</sup> Cooperstown  
9:30AM – 2:00PM

June 21<sup>st</sup> Cherry Valley  
9:45AM – 2:00PM

Don't Forget to celebrate Dad on June 16<sup>th</sup>!

Looking for a job? Check out the OFO website for some exciting opportunities, we'd love to have you be a part of the family!

## Postpartum Depression

Have you been feeling down, depressed, or hopeless? This is one question you may hear from medical professionals to assess your mental health and is one indicator that you may have Postpartum Depression (PPD). While much stigma surrounds the idea of depression, the CDC found that about 1 in 9 women experience symptoms of postpartum depression. Postpartum depression is a form of depression that mothers may experience after childbirth. Depression is not the same for everyone, but some symptoms may include: feelings of sadness and anxiety that don't seem to pass, feelings of worthlessness or helplessness, loss of interest in hobbies or activities, overeating or loss of appetite, difficulty concentrating and/or making decisions, and loss of energy.

Postpartum Depression is real, and it is treatable. It is important to talk to your care provider to discuss different treatment options. Here are some tips that you can try to help manage your postpartum depression.

**Bond with your baby.** Spending some quality time with your baby will help to build a stronger emotional bond between you both. Whichever way you decide to feed your baby, try skin-to-skin contact. This can help both you and your baby to relax a bit. Breastfeeding is also promoted as it has been seen to lower the risk for postpartum depression. Breastfeeding your infant releases, a hormone, oxytocin, commonly called the "love hormone" which nurtures a greater bond and may also help to relieve stress.

**Maintain a well-balanced, healthy diet.** It is important to maintain a healthy diet to assure that your body is receiving all the vital nutrients it needs. Diet's lacking certain nutrients may contribute to postpartum depression. While many factors may play a part in PPD, studies suggest that low intake of omega-3 fatty acids are associated with this disorder. On the other hand, other research has linked these fatty acids to actually reducing depressive symptoms. So,

what foods have these omega-3's? Fatty fish such as salmon, sardines, and mackerel are great sources, along with flaxseeds, chia seeds, and walnuts.

**Make you time.** Make sure that you allow yourself time to relax. Here are some "you" time ideas that can help reduce your stress levels and rejuvenate your body: meditate or do some yoga; take a bath; read a book; cook; go on a hike

**Try exercising.** Physical activity is known to have many health benefits as well as assisting the body in returning to pre-pregnancy weight. Among its many benefits, exercise has also been linked to improving the state of one's mental health. Even 10 minutes a day can provide benefits to your body. This could include walking in the park with the baby stroller, doing yoga, taking a spin class, or even doing a workout video at home.

**Gain support.** You are not alone in this and that is important to keep in mind. Many times, depression can take on a mind of its own and one can feel lonely and disconnected. Looking to family and friends for emotional support during this time can be extremely helpful. Make efforts to schedule time to be with other people. Even going to a "Mommy & Me" classes allows you to form connections with other mothers that may be a great source of emotional support. There are also support groups you can attend or even join online. You can find local support groups near you by going to: <https://www.postpartum.net/locations> or calling Postpartum Support International at 1-800-944-4773.

Take care of yourself first. Postpartum Depression is real, but it is treatable, and you are not alone! How can you take care of others, including your new baby, if you don't take care of yourself?! You are not alone and there are people who can help. If you feel you have signs of PPD, contact your doctor to learn how it can be treated.

## Breastfeeding Peer Counselor Section

### What if...

My mature milk is slow to come in?  
My baby is "big" at birth?  
My baby is born early?  
I had a surgical delivery?  
It hurts?  
My mother wants to give the baby a bottle?  
I am tired?

If you are worried, or struggling with breastfeeding, reach out. There are many people who are happy to help you:

- WIC office staff
- WIC breastfeeding peer counselors
- La Leche League
- Nourishing Families
- Pediatric or Women's Health staff
- Hospital or Birthing Center staff
- Many others

**You can do this.** We can help!



## Dad's Role in WIC

Dads are an important part of a child's life and, while WIC is known for taking care of Moms and children, we want to also support Dads and the roles they play. There was recently training and insight provided by the New York State Department of Health and presented by the National Fatherhood Initiative that helped us define our roles to encourage and support Dads in the WIC program.

Being a father can mean many things to different people and many programs focus on Moms and babies. Knowing how to support Dads and provide parental guidance and classes specifically for them is a new area. WIC is working towards including Dads in the conversation, other states have programs that work to get them involved and to provide their input while celebrating their impact on their children's lives.

Fathers are becoming more involved in their children's lives. Did you know that preschoolers with actively involved fathers have stronger verbal skills and display less behavioral problems in school? Fathers are highly involved in their children's learning by helping them learn to problem solve and encouraging their curiosity to explore the world around them. Spending time with Dad is what children want, no matter what the activity.

Including Dads can be a bit challenging as we commonly defer to Mom when talking about the kids. It can be as simple as including them in the conversation and asking them about their views and interactions,

how they see and feel about their child's growth and development. This helps Dads not feel like a second-rate parent, someone who does less than Mom, when in reality they contribute differently and provide different experiences.

When Mom supports and encourages Dads involvement, they tend to take a more active role in co-parenting. Support and encouragement go both ways, Dad can support Mom through pregnancy and when she breastfeeds by making her comfortable and helping her to make them great experiences. While Mom is bonding in this way, Dad can bond by spending time with them in others. Parenting is a team effort, each parent relying on the other to be the best parents they can. We understand that family dynamics play a key role in the roles parents take.

Moms seem to have support groups, programs and counseling designed specifically for them and their challenges, finding the same for Dad can be a challenge. More programs are becoming a reality that engage and target Dads, we see that with Head Start. We want to hear from Dads and encourage Dads to be part of the conversation, as they are a very important part of the family. Dads may be the only parent and not realize they can get WIC for their children; we aim to get them involved in all aspects. All Dad's need support and understanding, they have their own unique challenges. We enjoy talking to Dads about their families as much as we do with Moms!

## Fun Activities and Games to Play with Dad on Father's Day

There are so many things you can do to spend time with Dad on Father's Day, even if it is just hanging out, watching a movie or playing games. Here are some fun ways to hang out with him!

1. Go fishing. Have Dad show you how, teach you some tricks and share some stories from when he was younger.
2. Do a board game marathon, remember to use age appropriate games for your kiddos and watch the competitive streak come alive.
3. Go for a bike ride around the neighborhood or around the park.
4. Do a puzzle together.
5. Go on a scavenger hunt.
6. Do an in-home cooking class where Dad teaches the kids how to make something he loves, they can help and even dress the part by wearing aprons.
7. Go for a hike on a trail. You can call it a nature walk for the kids and don't forget the sunscreen, bug spray, and be sure to check for ticks afterwards.
8. Have a day of sports in the park or your backyard playing football, soccer, basketball, whiffle ball, or whatever he loves to play.
9. Have a carpet picnic of his favorite meal and movie to wind down.
10. Make homemade ice cream. It is very easy and you don't even need an ice cream maker. There are so many recipes on Pinterest.
11. Do something he loves. Go to a car show, an amusement park, bowling, go to a sports park, a baseball game or even a local event or festival.

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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