

Growing Stronger Families

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

Roasted Brussel Sprouts with Cranberries and Balsamic Reduction

Ingredients

- 3 pounds Brussels sprouts
- ½ cup olive oil
- 1 cup sugar
- ¾ cup balsamic vinegar
- 1 cup dried cranberries



Directions

1. Preheat oven to 375 degrees F.
2. Trim/ clean Brussels sprouts, then cut them in half. Arrange on 2 baking sheets and toss with the olive oil. Roast until brown, 25-30 minutes.
3. Combine the balsamic vinegar and sugar in a saucepan. Bring to a boil, then reduce the heat to medium-low and reduce until slightly thickened.
4. Drizzle the balsamic reduction over the roasted sprouts, then sprinkle with dried cranberries.

Baked Pears with Walnuts and Honey

Ingredients

- 2 large pears
- ¼ tsp ground cinnamon
- 2 tsp. Honey
- ¼ cup crushed walnuts
- Yogurt or frozen yogurt (optional)



Directions

1. Preheat oven to 350 degrees F.
2. Cut the pears in half and place on a baking sheet (cut a small sliver off the other end so it sits upright).
3. Using a measuring spoon or melon baller, scoop out the seeds.
4. Sprinkle with cinnamon, top with walnuts and drizzle ½ tsp of honey over each one.
5. Bake for 30 minutes. Remove, let cool and enjoy!



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 this month on the 3rd Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, November 18th.

Outreach Days*

November 3rd & 20th Richfield Springs
9:45 AM – 2:00PM

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

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

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

Closings

WIC will be closed on Friday, November 10th for Veterans Day and November 23rd -24th for Thanksgiving.

Cranberries; A Thanksgiving Favorite

We often see cranberries at Thanksgiving as a can of jellied cranberry sauce or a different cranberry sauce incarnation. We often see fresh cranberries this time of year and dried cranberries on shelves year round. Cranberries are one of nature's nutritional powerhouses that originated in North America.

The cranberry was part of the original Thanksgiving celebration. They grew in abundance in North America and the northeast and were introduced to us by Native Americans. Some Native Americans' call them "ibimi", meaning bitter berry and prepared them in ways that cut down on that bitterness. Native Americans also taught the Pilgrims how to use cranberries as dye.

The cranberry is an excellent source of antioxidants, vitamins and minerals. They have been linked with improved immune function, often used to reduce urinary tract infections, decrease blood pressure and preventing certain types of cancer. They are a low calorie food with high levels of Vitamin's C, A and K. It is important to note that Vitamin K is part of blood clotting and negates the use of blood thinners. Check with your doctor before eating foods high in Vitamin K if you are prescribed blood thinners.

Cranberries and cranberry juice have been linked to preventing urinary tract infections. While fresh and dried cranberries contain high levels of antioxidants that prevent certain bacteria from adhering to the urinary tract, researchers have found that juice is unlikely to have the same effect, as the juice itself contains very little of this antioxidant.

There is evidence that suggests that the polyphenols in cranberries may reduce the risk of cardiovascular disease. These polyphenols, or antioxidants, prevent platelet buildup and reduce blood pressure through anti-inflammatory mechanisms. These nutrients are also shown to slow tumor progression and prevent bacteria from binding to teeth. New research even suggests that they might be beneficial in preventing gum disease.

Cranberries are an excellent source of nutrients. They can also be referred to as bounce-berries as they bounce when they are ripe. This is good to know when picking. Because of their high vitamin C content, they were one of the first fruits used to prevent scurvy for crews of early sailing ships. So, how are you going to enjoy your cranberries?

Breastfeeding Peer Counselor Section

***We recognize your commitment to breast/chest/human-milk feeding!
Every drop counts, Whether you chose to nurse for 5 hours, 5 weeks, 5 months, or 5 years! You've nourished your baby with love and care. Congratulations! Love, Alice, Emily, Ginny & Heather The OFO WIC Breastfeeding Peer Counselors***

This is your certificate of appreciation; we appreciate and recognize your commitment to breastfeeding! Way to Go!

If you have issues please reach out! PC Emily will be on site with us on Outreach Days, so stop on by!

Baby Bottle Alternatives

Many believe that there are only two ways to feed your baby, breast or bottle. What happens when your baby doesn't want the bottle and you don't want to waste your breastmilk? It can be simply a matter of Mom choosing not to use the bottle after pumping or the baby just refusing it all together.

One reason a baby may refuse the bottle is that they are introduced to it too soon and can develop nipple confusion. Simply put they don't know how to eat with this different nipple and refuse it. The baby may still refuse it when given later on, which can be frustrating. A small cup, spoon, a dropper or even a syringe can be used to feed your child.

Using a dropper or syringe is like feeding a baby bird. Make sure your baby is sitting upright with their head supported; many have found their babies prefer to face them. Using a small dropper, insert it slightly and gently into the baby's mouth. Some babies do better with it between their cheek and gums. Gently squeeze the dropper or syringe, allowing a small amount of breastmilk to enter their mouth. Do a couple drops at a time, and over time as you both get used to it, more can be offered. Wait for the baby to swallow, and continue to feed until they show you they are full. It may take a little extra time in the beginning to feed this way and the baby may still spit up a bit but it is normal. Given enough time and practice, you will be pros.

Cup feeding and spoon feeding are along the same line. While these feeding methods take a little more time to get the hang of, so does using a

bottle in the beginning. All it takes is a little practice. Use a small cup or spoon in the beginning, something flexible, like a small Dixie cup. It is important to feed the baby slowly, like the other methods as baby is in control of the pace. To start, hold the baby as upright as possible, this makes it easier for them to control the amount they take in. Put a small amount of breastmilk or even formula in the cup, glass or spoon and tilt the container to meet the outer corners of the baby's upper lip. Let the cup/spoon rest gently on the lower lip with the tongue inside the cup, some prefer their tongue under the lip of the cup. Leave the cup/spoon in position during the feeding, do not move the cup from this position or pour it into the baby's mouth, they will lap or sip the milk. Let the baby swallow before offering more and let them set the pace, stopping after 30 minutes so the baby doesn't become overtired or stressed. If they are tired before then or not alert than don't offer the cup or spoon. By bypassing the bottle or even the sippy it will be no need to wean them off the bottle and onto a cup later on.

These are some methods to use, but always check with your doctor to see if they feel it is right for your baby to use cup/spoon feeding, or a dropper or syringe. These methods are most often used when the baby has a birth defect and is medically needed. For Mom's that prefer to skip the bottle, this may help. Keep pumping and keeping your supply up. These methods do get easier the more you use them. Give it time and if you have questions please reach out to us. We are here to help!

Working on Transitioning to the Cup

Keeping your child's teeth healthy is important and learning how to take care of them properly will stay with them all their lives. When they are born we talk about the importance of wiping their gums twice a day. It is also important that these practices continue once they get teeth as they will now start being exposed to more foods that can cause dental caries. One practice to promote good dental health is transitioning your child from a bottle to a cup by the time they are one.

Sippy cups are the transition stage between bottles to cup where children learn to sip instead of suck. One cup, the spill proof or 360 cup doesn't allow them to learn to sip as they need to suck to get the liquid out. It is important that when choosing a sippy cup that they learn how to sip. If you find that your child prefers to dump the cup and not drink from it, or refuses to even use it, you can skip this stage and move right on to a regular cup by offering them a very small amount of water so they can learn to use it. What is in the cup is as important as the type of cup and the frequency of use. Avoid letting your child continually sip from their sippy or cup on liquids that contain sugar (milk and juice), keeping those for mealtimes. Because they are growing, children tend to need to eat more frequently than adults. Eating more frequently increases saliva production which helps neutralize acid production and rinse food from the mouth. If your child is thirsty between meals, offer water, even water flavored with a slice of fruit if they don't like plain water. Avoid sugary drinks.

Many times children carry around a sippy and drink from it or have it between their teeth as they walk. This is a bad idea. This habit can lead to sugars staying on the teeth longer and causing baby bottle tooth decay. Toddlers are often unsteady on their feet and learning to balance, having a sippy with them increases the chances of injuring their mouth and teeth should they fall. It is important to remember that training cups are temporary. Your child may be able to use a regular cup with ease and use a sippy cup for travel to avoid messes while on the go. Try giving them a toddler sized water bottle, something similar to what you use yourself. You can match!

The type of training cup you use, what you put in it, and how often your child uses it are all important things to consider when choosing a sippy cup. Sippy cups should be a natural transition from a bottle to cup. You can even choose not to use a sippy and teach them to use a regular cup sooner. In that case, you would be braver than most. No matter what kind of sippy you use, it is important to remember that carrying the cup around can lead to other issues. Make it available to them when they are thirsty and stick with water between meals!

Here are some more tips for your child's oral health:

- It is beneficial for the first dental visit to occur within the first 6 months of the appearance of their first tooth and no later than their first birthday. If they haven't had a dental check-up, schedule a "well baby checkup" for their teeth. If you are unsure which dentists take children, we can help. We have a list!
- If your physician or dentist has recommended using a pacifier, make sure it is a clean one. Never dip a pacifier in sugar or honey before giving it to them, and don't use your mouth to clean them as this passes on germs and bacteria from your mouth to theirs.

Help take care of your child's teeth. They're going to need them!

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