

# Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | [www.ofoinc.org](http://www.ofoinc.org)



## March is National Nutrition Month!

This year the Academy of Nutrition and Dietetics wants to focus on the importance of making informed food choices and developing sound eating and physical activity habits. Their theme is "Go Further with Food". It focuses on the strategies of proper portion control, shopping strategies, avoiding food waste and how eating right isn't as complicated as everyone thinks.

Let's talk about portion sizes. Knowing what a correct portion size is allows us to plan better, make our food go farther and watch what we eat. Portions we get today in restaurants are huge and often can cover multiple meals, so take some to go!

When preparing meals at home, it is important to understand the size of a serving. Using your hand as a visual reference helps a great deal. A 1 cup serving of milk or dairy is the size of your fist, a 1 1/2 oz. serving of string cheese is the size of your pointer finger, a cup of cooked veggies is also a fist, as is a medium apple and 1 cup of dried cereal. A serving of salad is 2 cups. A 1/2 cup serving of noodles is a handful. A slice of bread is the size of your hand. A 3 oz. serving of meat is the size of the palm of your hand and 1 tbsp. of peanut butter is the size of your thumb. Knowing how much you need to cook for a single serving or for multiple meals will help you stretch your food budget and make planning easier.

The food label will help you budget and portion your meals as well. They tell you what the serving size is as well as how many serving are in a package. This lets you plan accordingly. Knowing the portion sizes lets you also determine how many calories you are eating and lets you cut back if you need to, making you more conscious of what you are eating. The nutrition label also makes it easier to eat healthier by giving you the amounts of a given nutrient and how much of the recommended amounts a serving provides. This allows you to know how much you are using and need while making food go farther.

Making food go farther also means knowing how to shop smarter and doing so while on a budget. Having a plan before you go to the store is the first step. You need to plan your meals, make a list of what you need and stick to that list once you get to the store. This can be a challenge if you are not shopping alone. Once you have your plan you can check what sales your store is having, use coupons to save a bit extra and shop for foods in season. Knowing what is in season and what is on sale while meal planning will make it even easier to save money. Don't be afraid to shop around, if you find something you need cheaper at a different store buy it there. Making your food go further takes more than just using everything you buy. Knowing how to maximize your purchases will save you in the long run!

## 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, March 25<sup>th</sup>.

## Outreach Days\*

March 2<sup>nd</sup> & 12<sup>th</sup> Richfield Springs  
9:45 AM – 2:00PM

March 13<sup>th</sup> Cooperstown  
9:30AM – 2:00PM

March 16<sup>th</sup> Cherry Valley  
9:45AM – 2:00PM

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

## Important Dates

March 11<sup>th</sup>, Daylight Savings Begins, Remember to set your clock ahead  
March 17<sup>th</sup>, St. Patrick's Day  
March 20<sup>th</sup>, it's the first day of Spring!!

## Mediterranean Tuna Salad

### Ingredients

9 oz.	Tuna, chunk style, canned in water and drained
3/4 cup	carrots, peeled and shredded
1/2	cucumber, unpeeled in 1/4" dice
2/3 cup	frozen peas
1/3 cup	Italian dressing, low fat
3	whole wheat pitas



### Directions

1. Place drained tuna in a medium bowl and break apart chunks of tuna using a fork
2. Add carrots, cucumbers, peas and salad dressing. Mix well.
3. Cover and refrigerate for 2 hours, or until salad is chilled and peas are thawed.
4. Cut each pita in half and place 1/2 cup of tuna salad into each pita pocket half and serve.

Tuna is a good source of iodine; 4 oz. provides 23 micrograms or 15% of our daily needs.  
Recipe courtesy of The USDA and their "What's Cooking Mixed Bowl of Recipes"!

## Lime Fish Tacos

### Ingredients

1 lb.	Cod, thawed and cut into 1 inch cubes
1 tbsp.	Canola Oil
1 tsp.	minced garlic
Juice of one lime	
1/4 tsp.	black pepper
1/2 tsp.	chili powder
2 tbsp.	reduced fat sour cream
2 tbsp.	reduced fat mayo
Hot sauce to taste	
8	8 inch whole wheat tortillas
1 cup	shredded lettuce
1 cup	chopped tomato



### Directions

1. Place fish in microwave safe dish. Coat fish with oil, garlic, juice from half a lime, black pepper and chili powder. Cover dish with parchment paper or lid.
2. Cook in microwave for 5-7 minutes. Fish should flake easily with a fork. Let stand 3 minutes.
3. Meanwhile, make sour cream sauce by combining sour cream, mayo, hot sauce, juice from other lime half in a bowl.
4. Place tortillas on a plate and warm in microwave for 15 seconds.
5. Place a spoonful of fish on each tortilla and top with lettuce, tomato and sour cream sauce.

Cod is an excellence source of iodine: 3 oz. contains 99 micrograms, which 66% of our daily needs.

## Breastfeeding Peer Counselor Section

Breastfeeding parents & babies are protected by law in New York State:

- a mother can breastfeed her baby any place she has a right to be, including public and private places like shops, parks, or buses. A mother does not need to cover her breasts while nursing.

- a mother has the right to express milk at work until her child is 3 years old.

• an employer must provide a mother with breaks anytime she needs to remove milk from her breasts.

• a space must be provided that is:  
-private  
-near her work area  
-lighted  
-clean  
-is not a bathroom

• Each woman's needs are different. The law states a break is no less than 20-30 minutes, depending on how near her work area she can pump. These breaks do not need to be paid.

• A mother must tell her employer she plans to express milk at work if she wants these accommodations.

If you have questions about your breastfeeding rights or are looking for creative ways to express milk at work, talk with your peer counselor.

Prepared by PC Emily

## The Importance of Iodine

Iodine is a nutrient that we often overlook and even forget about. Iodine is a mineral essential to the thyroid to make thyroid hormones. It is not something our body produces and must be consumed in the diet. So how much do we need and where do we get it?

Iodine is essential to the brain as well as the thyroid. Iodine deficiency is listed at the number one cause of mental retardation in the world as it is an important component for brain development. Iodine deficiency during these important periods of fetal and infant development can cause irreversible brain damage.

It is important that pregnant women get enough iodine during their pregnancy to protect their baby from this risk and prenatal vitamins often contain iodine to help reduce the risk of deficiency.

Iodine works with the thyroid as a component of thyroid hormones that regulate growth in the developing brain. A slight deficiency can lead to below average IQ for children and impaired brain function in adults. During childhood, deficiency is often associated with goiter, reduced motor and intellectual function and an increased risk for ADHD. A goiter is an enlargement of the thyroid gland seen in hypothyroidism or the slowed thyroid function. Hypothyroidism and low iodine can also lead to increased weight gain.

The amount of iodine the body needs depends on the person's age. A person only needs 1 teaspoon in their lifetime, but it isn't stored over a long period and small amounts have to be

consumed daily. It is recommended that 1-8 year old children get 90 micrograms, 9-13 year olds get 120 micrograms, anyone over 14 should get 150 micrograms, a pregnant woman should get 220 micrograms and a lactating woman should get 290 micrograms. Lactating and pregnant women need more as they are providing for themselves and their infants. The increased amounts allow for them to also prevent brain damage in their newborns and children due to an iodine deficiency. If you think about it, we don't need much to meet our needs. We only have to get the right sources.

Iodine deficiency became a problem in the 1900's in the United States and was corrected with the addition to iodine to table salt. Iodized salt is the major source of intake in more than 70 countries and 1/4 of a teaspoon contains 100 micrograms. Salt in processed foods is not iodized and if iodized salt is used it will be noted in the ingredients. The focus should be on reducing sodium from processed foods and increasing intake of iodized salt.

Seaweed, saltwater and seafood are natural sources of dietary iodine and dairy products contain some iodine at varying levels. Plants grown in iodine-rich soil are also a good, though not reliable source, since there is no way of knowing if produce was grown in iodine-rich soil. Lactating women produce concentrated iodine in their breastmilk if they are consuming enough in their diet. Eating a healthy, balanced diet that includes iodine-rich foods and iodized salt is important to good health. Iodine is important and now you know why, so make sure you get enough!

## Some St. Patrick's Day Fun!

Spring is almost here and it's time to go outside and explore. Here are some St. Patrick's Day themed ideas!

1. Go for a walk and find some shamrocks, even try to find a four leaf clover for a bit of extra luck!
2. Do a Gold Coin Hunt, like an Easter Egg Hunt but with gold coins from the dollar store. You can do this around your house, in the yard or even in the park with friends! The most coins win.
3. Try to find all the colors of the rainbow both inside and out, what's your favorite color? Can you find it?
4. Help Mom and Dad make and cut out shamrocks and help decorate a tree or bush outside!
5. Make a Rainbow with your fingers or handprints using paint or construction paper in different colors. Use it to make a welcome sign for the door!
6. Make a rainbow wreath for the front door by making strips of colored paper, taping/gluing them to make a circle, make a chain and then connect the ends to make a wreath!
7. Time for a St. Patrick's Day Scavenger Hunt or two!!



### USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.