

# Growing Stronger Families

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

## Sheet Pan Cauliflower Fajitas

### Ingredients

- 1 large head cauliflower, chopped small
- 2 red peppers, sliced into 1/4 inch slices
- 2 green peppers, sliced into 1/4 inch slices
- 1 medium onion, sliced lengthwise, into 1/4 inch slices
- 2 tbsp. Olive oil \*optional, use water for oil free
- 1 tsp salt, or to taste



### Spice mix

- 1 tbsp. Chili powder
- 1 tsp. Cumin
- 1/2 tsp. Paprika
- 1/4 tsp. Garlic powder
- 1/4 tsp. Onion powder

### Directions

1. Preheat oven to 425 degrees and spray a large sheet pan or two small sheet pans with oil. Or cover in parchment paper or use a silicone mat if avoiding oil.
2. Add all spices to a small bowl and mix. Set aside.
3. Place the chopped cauliflower, peppers, onions, spice mixture, salt and olive oil (if using) in a large bowl. Mix well
4. Add the mixture to sheet pan(s) and roast for 20-25 minutes.
5. Serve on corn or flour tortillas alongside rice and beans. Add guacamole, sour cream or other desired toppings.

## Greek Spaghetti Squash Toss

### Ingredients

- 1 tsp. Olive oil
- 1/4 cup thinly sliced red onion
- 1/2 tsp. Minced garlic
- 1/3 cup unsalted chickpeas, rinsed and drained
- 1/2 tsp chopped fresh thyme or 1/4 tsp dried
- 6 cherry tomatoes, halved
- 1 1/2 cups cooked spaghetti squash
- 1 cup baby spinach, torn
- Dash of salt
- 2 tbsp. Crumbled feta cheese



### Directions

1. To cook squash, preheat oven to 350. Cut squash lengthwise and scoop out seeds. Place squash cut side down in a baking dish, add water and cook for 45-50 minutes, or until tender. When done, turn cut side up and let cool for 10 minutes. Once cool, scrape insides with a fork to remove spaghetti-like strands, set aside.
2. Heat oil in a medium skillet over medium-high heat. Add onion and garlic; sauté 4 minutes.
3. Add chickpeas, thyme and tomatoes; cook 1 minute.
4. Add spaghetti squash, spinach and salt; toss gently to combine and cook for 2 minutes, or until spinach is just wilted.
5. Sprinkle with cheese 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 on the 4<sup>th</sup> Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, January 26<sup>th</sup>.

## Outreach Days

January 4<sup>th</sup> & 14<sup>th</sup> Richfield Springs  
9:45AM – 2:00PM\*

January 8<sup>th</sup> Cooperstown  
9:30AM – 2:00PM\*

January 18<sup>th</sup> Cherry Valley  
9:45AM – 2:00PM\*

\*our last appointment on site days is 1:30pm

## Closings

WIC will be closed on Monday, January 21<sup>st</sup> in honor of Martin Luther King Jr.

## Today's Physical Activity Guidelines

In 2008, the first Physical Activity Guidelines for Americans was published to educate the population on different types of activity and health benefits associated with them. Recently, the second edition of Physical Activity Guidelines for Americans has been published with a more science-based look at the age groups that would benefit best from specific types of physical activity regimens.

Preschool-aged children, ages 3- years, should be physically active throughout the day, taking part in many different types of physical activities. It is recommended by the guidelines to aim for about 3 hours of activity per day, ranging in type and intensity. Aerobic, bone and muscle strengthening exercise are all appropriate for this age group. Aerobic exercises can be anything from tag, riding bicycles or playing a game that requires catching, throwing or kicking. Climbing or tug of war will help promote muscle strengthening and running or jumping helps to strengthen bones. Consistent patterns of activity for preschool-aged children is most beneficial by aiding in their growth and development, improving their weight status, decreasing risk of childhood obesity and promoting bone health. Increasing your child's activity at a young age will help put them on the right path to living a healthier life through adulthood and decreasing their risk of developing chronic diseases as well.

Physical activity is also very beneficial for pregnant and postpartum women. The guidelines recommend that women in this category participate in 2

hours and 30 minutes of moderately intense, aerobic exercise per week. This amount and type of physical activity and been shown to reduce the risks of gestational diabetes, postpartum depression and excessive weight gain during and following pregnancy. Examples of moderately intense physical activity can be anything from a brisk walk to raking in the yard. If women in this category normally partake in vigorous-intensity activity, like running or completing a higher difficulty fitness class, it is appropriate to continue with this type of activity if approved by a health care provider. Consulting a health care provider during pregnancy is recommended so the development of the pregnancy and physical needs or limitations during pregnancy can be monitored.

Though increasing physical activity is encouraged, the guidelines stress to increase physical activity in a safe manner. Be aware of your own physical limitations and choose exercises that are appropriate for your fitness level. If you want to become more active, increase the intensity of your workouts gradually over time. To reduce the risk of injury, make sure you are using equipment necessary for your workout appropriately, wearing protective gear when needed, and choosing safe environments to be active in. If you have any preexisting chronic conditions, discuss with your healthcare provider what types of exercise are safest and most beneficial for your health if you feel you are at a higher risk of injury, or normally not an active person.

Article submitted by Intern Lena Whipple

## Breastfeeding Peer Counselor Section

Our Peer Counselors are EXPERIENCED breastfeeding parents! Between them, Alice, Ginny, Emily & Heather have six children. Throughout their time with those six children, they have accumulated:

\*18 years feeding human milk (at breast, by cup, by at-breast supplementer and by bottle).

\*Many cases of plugged ducts

\*Many years of working while feeding human milk

\*Many years of stay-at-home parenting while feeding human milk

\*Six different weaning experiences

\*Several situations of taking medications while feeding human milk

\*Several situations of feeding human milk through illness and/or surgery

\*Three cases of postpartum anxiety & depression

\*They also have personal experience with engorgement, pumping, mastitis and breast abscess, jaundice, donating milk, low birth weight infant, feeding with low supply, coping with and correcting painful latch, expressing colostrum prenatally, feeding and supplementing babies with failure to thrive, nursing while pregnant, parenting as a single parent, feeding with tongue & lip ties, and feeding through tongue & lip tie release.

Contact your Peer Counselor today: Alice, Ginny, Emily & Heather will be glad to hear from you!

## The Best Winter Food for Kids

Winter is here and with it comes dropping temperatures and energy levels. The days grow shorter, there is less daylight and the chances of getting the winter blues, or Seasonal Affective Disorder come with it. Kids tend to be less active during the winter and it is important they get adequate nutrition this time of year. There are some foods out there that are better for this, especially during the winter.

While many people aren't fans of fish, salmon is a great source of nutrition. Salmon is known for being a great source of omega-3 fatty acids, which is great for managing depression. It also contains the amino acids glutamine, tyrosine and tryptophan, the building block of protein in salmon that also contribute to mood regulation. Although more research is needed into its effects on mental health, emerging evidence links fish consumption with lower risk of depression, and omega-3 is great for brain health.

Clementines are another great winter food for kids. They are cute, compact and easy for them to peel. Clementines are loaded with vitamin C, which is great for keeping the immune system strong. They are also good sources of calcium, potassium and fiber. Calcium is important for bone growth and development, potassium for maintaining fluid balance and for muscle contraction and fiber helps keep the digestive system healthy. Clementine's are a small way to help keep kids healthy, while being fun for them to peel and eat.

Winter squash are great winter vegetables. They are rich in vitamin C and carotenoids, which have been

shown to have immunity and heart health benefits. They are a natural source of fiber which helps keep blood sugar levels stable. Most varieties are naturally sweet and there are so many ways to prepare them. What kid doesn't like sweet?

Sweet potatoes are another great winter vegetable that is full of fiber and packed with vitamin C and potassium. They are a great source of antioxidants, beta carotene and Vitamin B6 as well. Beta carotene or Vitamin A is great for vision health and works to strengthen immunity. B6 is an essential coenzyme important for cognitive development. Sweet potatoes are nutritionally dense and a naturally sweet food that can be prepared a number of ways.

Cauliflower is a vegetable that is readily available but only recently has started to become more popular, especially as a rice substitute. It is noted for being high in phytochemicals which have the potential to help reduce cancer and inflammation. It is a great source of folate, fiber, and Vitamins C & K. Folate is a B vitamin important for growth and development, fiber promotes stable energy levels and vitamins C & K are important for a healthy immune system and healthy bones. Cauliflower blends well with other flavors, even though great on its own, and is delicious roasted.

Keeping kids healthy can be a challenge, especially in the winter when they are less active and there is less available. Give some of these foods a try and let us know how you make out!

Info courtesy of eatright.org

## Winter Fun Ideas

Winter is upon us and with it comes the new year. This year, instead of making resolutions, make a commitment to spend more time with your family by making cooking a family affair, playing games outside together, or having a family game night. Make new traditions that will carry on throughout life.

When it is cold outside we tend to prefer to stay inside and keep warm, make those times a bit more fun and having a "campout" inside. Make a cozy fort, bring in pillows and blankets to make it comfy and bundle together to tell stories. You can even "cookout" your favorite foods by using a flashlight as a fire and "cooking" your food.

Keeping the family theme going, you can have a fun movie night. Bundle in

your jammies, make some popcorn and have your movies ready, snuggle up and enjoy the night.

If you want to venture outside, go stargazing on a clear night. Make "telescopes" with paper towel tubes to help focus on the stars. There are even apps out there that will help you identify constellations! Bundle up, take blankets to lay on and cover up with, some hot cocoa and snacks and find a place to look at the stars, you may get some astronomers out of it.

Spending time outside during the winter is tough. When it is snowy we can build a snowman, make snow angels, build a snow fort, have a snowball fight, go sledding, learn to ice skate (or just test your balance on some iced over mud puddles). Let your

imagination guide you. Whatever you do in warmer weather can be done in the winter. We just need to dress a bit warmer and wear the right footwear. While we do have to be mindful of seasonal closings, playing in the park or going for a nice walk are always great options to spend time together. The more active you are, the more tired they get! Win, Win!!

Get outside and enjoy it, make some great family memories!



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