

WIC Life – August

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
Find us on Facebook at www.facebook.com/ofoinc



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 4th Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, August 24, 2019.

Outreach Days

Richfield Springs	August 2 & 19 9:45AM – 2:00PM*
Cooperstown	August 13 9:30AM – 2:00PM*
Cherry Valley	August 16 9:45AM – 2:00PM*

*Our last appointment on site days is 1:30PM

Closings

WIC will be closed on September 2nd, in recognition of Labor Day.

Contact Us:

Phone: 607.433.8071 or 607.433.8000
Fax: 607.433.8066
Email: ask_ofo_@ofoinc.org

What is WIC Life?

WIC Life is our new newsletter format with tips and tricks to help you make the most of your WIC enrollment. Whether you're interested in diet tips, ways to stay active, shopping tips, or healthy recipes, we're sure you'll find something of interest in each newsletter. And don't forget to check the WIC section of the Opportunities for Otsego webpage for our online edition.

Shopping with Susan WIC Shopping Tips from a Real WIC Mom eWIC Troubleshooting Tips

Have you ever been standing at the cash register with a balance due after using your eWIC card? Realized that the juice or bread you were going to purchase was the wrong item? Here are some helpful tips for what to do if this happens.

If you can continue the transaction and pay for the non-WIC item do so. You can keep the extra item you purchased or you can go to customer service and return the non -WIC item and get a refund of your money.

If you do not have the funds to purchase the item, ask the cashier to cancel the transaction. You might not be able to use your eWIC card immediately after doing this. (continued on page 3)



Move It to Lose It Diet and Physical Activity Tips from Michael

Pregnant and exercising.....Say what????

According to the American College of Obstetricians and Gynecologists (ACOG) they suggest that pregnant women get at least 30 minutes or more of moderate exercise per day, most (if not all) days of the week. Believe it or not, exercising while pregnant has many benefits. These benefits include a boost in your mood, a decrease in many [pregnancy symptoms](#) (including [fatigue](#), [constipation](#) and [morning sickness](#)), and a [quicker postpartum recovery](#).

2 Different types of Exercises.

Cardiovascular exercising: increases blood circulation, muscle tone and endurance.

- What are the best cardiovascular exercises I can do while I'm pregnant? (continued on page 4)

What's Cookin' with Barb & Heather

Ready to try something with an international flavor?

Bruschetta is an appetizer from Italy consisting of grilled bread rubbed with garlic and topped with olive oil and salt. Variations may include toppings of tomato, vegetables, beans, cured meat, or cheese. ([Wikipedia](#))

Try this simple version that includes 4 ingredients you can purchase with your WIC benefits or Farmers' Market coupons. Can you guess what they are? *



Bruschetta

Bruschetta

Ingredients

- 4 slices of toasted whole wheat bread
- 1 cup of fresh tomatoes, rinsed, dried and diced
- ½ tablespoon of olive oil
- 2 tablespoons of fresh basil, rinsed, dried and chopped
- Sprinkle with salt to your taste

Directions

- Cut each slice of toast into quarters
- Combine the remaining ingredients, and toss well
- Top each quarter with about 2 tablespoons of bruschetta, and serve
- Optional: a slice of mozzarella cheese can be added to the toast before adding the bruschetta

*Fresh tomatoes can be purchased with your WIC benefits or Farmer's Market checks. Whole wheat bread and mozzarella can be purchased with WIC benefits. Basil can be purchased with Farmers Market checks!

Inside Scoop:

WIC News You Can Use with Mary

WIC News and Program Updates No more finger prick blood tests at WIC!

After 9.30.2019, we will no longer provide a blood test for anemia at your WIC appointment. **That's right – no more finger pricks!**

We will be asking you to bring blood work information from yours or your child's most recent doctor's visit to your appointment. If you have on-line access to your medical records, we can use those results. We also have a form you can take to your doctor if that is more convenient

You still can receive your WIC benefits if you cannot provide the information, so please come to your appointment and we can talk about the best way to get the information. Knowing whether or not you or your child is anemic, helps us provide you with the best care possible.

Family Life Hacks– Low cost, No Cost Family Fun with Maryann

Have a Scavenger Hunt!

Make a list of items kids can find and attach the list to a paper bag. They can cross the items off the list as they find them and put the items in the bag. You can make it more challenging by offering a prize. The ideas for a scavenger hunt for kids are endless!

Letters, Numbers, Words, Rock, Nature, Shapes, Colors, Things around the house.

You get the idea: endless. Basically, anything can be made into a scavenger hunt. You can also go on line and print out lists. A scavenger hunt can be done inside or outside or even in the car! Enjoy



Peer Counselors' Corner Words from Wise Women with Ginny and Alice August is National Immunization Awareness Month

What does that have to do with breastfeeding? Oh Momma, baby's first immunization comes from you and your breastmilk! Baby receives immunity to diseases you have had or been exposed to through antibodies in your breastmilk. If you are exposed to a new disease, your body will start making antibodies to fight that disease and, at the next feeding time, your breastmilk will begin to help baby fight the disease too. Babies return the favor! If baby picks up a virus you have not been exposed to, he may generously share that with you at the next feeding. This will allow your body to begin forming antibodies against the new intruder and in turn, pass those on to baby. Research tells us two important things about immunity through breastfeeding. One, if baby gets sick, the sickness will usually not last as long and will be less severe. Secondly, the immune system of breastfed babies develops faster than that of formula fed babies giving them a very solid beginning. Immunity through breastfeeding – a marvelous way to start protecting baby without a hypodermic needle in sight! (more information at <https://www.llli.org/breastfeeding-info/benefits/>)

Nutritionist's Choice

Here you will find an interesting article on a nutrition topic written by one of our WIC nutritionists or a guest nutritionist. We want you to know why and how what you eat matters.

The Importance of Nutrition while Breastfeeding

Proper nutrition is important no matter which stage of life we are in, even more so during pregnancy and breastfeeding. We know that what we eat while pregnant is directly responsible for how our baby grows and develops. When we breastfeed, the nutrients we consume are split between Mom and baby, with Mom getting what she needs before passing it along to her baby. This fact makes it important for Mom to eat enough to meet both hers and her child's needs. Breastfeeding is the best source of nutrition for a baby and while we celebrate World Breastfeeding Month, we need to look at the important nutrients our babies need to continue to develop.

Breastmilk composition remains fairly consistent throughout, with the amount of fat and lactose changing due to the type of energy baby needs. Initially the breastmilk is nutritionally condensed to contain the most nutrients in the small amount the baby can consume and hold. As the stomach grows and the baby can digest more, it thins out with the nutrients and calories needed being consumed over a longer feeding. The composition of breastmilk changes to meet the baby's needs each nursing session, shorter sessions result in a higher nutrient dense breastmilk while longer feedings spread the nutrients out during the feed so the baby gets what they need. Milk also changes as your baby grows as their needs and nutrient requirements change. Breastmilk is mostly made up of water with fat, lactose and protein mixed in. Fat aids in the development of the central nervous system, supports immune function and helps provide the breastmilk's taste. Carbohydrates, mostly as lactose, provide energy for the developing brain while helping to maintain its consistence and the absorption of certain minerals. Carbs are also important in establishing the gut microbiome, which dictates which foods the baby can handle and helps keep their digestive system healthy. Protein helps other nutrients absorb, has antimicrobial and immune-supporting functions, are building blocks for DNA and help the immune system and gastrointestinal tract. The nutrients in breastmilk promote growth and development and are the best source of nutrition for the baby as a result.

Breast milk takes an extra 500 calories to produce each day so it is important to increase your nutrient intake and water intake, as it is mostly water. Babies need a nutrient boost to continue to grow and stay healthy. They need calcium, fat, folate, iron, protein, carbohydrates, Vitamins A, C, D, E, K and all the B vitamins. **Calcium** is important for healthy bones and teeth. **Fat** is vital for energy, brain development, keeping skin and hair healthy and to protect from infection. **Folate** is needed for cell division, **iron** for healthy brain development and building blood cells. **Protein and carbohydrates** are used for energy and to fuel growth, **zinc** for cell growth and repair. **Vitamin A** is important for healthy hair, skin, vision and immune system, while the **B vitamins** help turn food into energy, protect to cells from damage, helps use fats and protein, keeps the brain and immune system healthy, keeps nerve and blood cells healthy and makes DNA. **Vitamin C** protects against infection, builds muscles and bones and helps with wound healing while **Vitamin D** helps the body absorb calcium from food and keeps bones and teeth healthy. **Vitamin E** protects cells from damage and strengthens the immune system and **Vitamin K** helps with blood clotting. It is important to note that breastfed babies need a vitamin K or vitamin D supplement. We can get vitamins K and D through the diet and vitamin D is converted in our skin by sun exposure, cool huh?!

So, how do we make sure we get enough for both of you? Maintaining a healthy, well balanced diet filled with fruits, vegetables, healthy fats, lean proteins and whole grains will help you get what you need. For those that find eating healthy hard, continuing to take your prenatal vitamin will help fill in the gaps, though it is important to note that vitamins and supplements do not replace a healthy diet. Following a healthy diet allows your baby to get a taste for these foods through breastmilk. It is their first introduction to foods and will help them expand their palate later on.

Proper nutrition is important for mom and baby both during pregnancy and while breastfeeding. Both are important times of development. It is important to make sure our children get the proper nutrition they need while they grow breastfed or not, to ensure they are the healthiest they can be.

Shopping with Susan

WIC Shopping Tips from a Real WIC Mom eWIC Troubleshooting Tips (continued from page 1)

Be prepared to have to wait a few minutes/hours for voided benefits to load back to your eWIC card. If benefits that were supposed to be voided do not appear back on your eWIC card within a day or so, please contact the WIC office at 607-433-8071.

Move It to Lose It Diet and Physical Activity Tips from Michael

Pregnant and exercising.....Say what???? (continued from page 1)

Swimming, Walking, Running, Elliptical and stair climbers, group dance/aerobics classes, indoor cycling, hiking.

Strength and Flexibility Exercising: Strength workouts help maintain and build your muscles. Stronger and more flexible muscles, in turn, help you to bear [the weight you gain throughout your pregnancy](#) and protect your joints from injuries as your ligaments relax. Here are the best strengthening exercises for pregnant women:

- What are the best Strength and flexibility exercises I can do while I'm pregnant?

If you were a frequent weight lifter, do not fret. Lifting weights can still be done while pregnant and has many benefits in doing so. While weight lifting when pregnant you want to do lower weights as usual but shoot for higher reps so you keep your muscles toned.

Pilates is a great way to focus on your core.

Also doing yoga or frequently stretching in order to keep muscles, joints and ligaments strong and loose while pregnant.

Have any questions about this ask Michael, your WIC Nutritionist.

The Best Exercises for Pregnant Women. (2018, June 28). Retrieved July 19, 2019, from <https://www.whattoexpect.com/pregnancy/exercises-for-pregnant-women>

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, religious creed, disability, age, political beliefs, 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 [How to File a Complaint](#), 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. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.

This institution is an equal opportunity provider.