

WIC Life — Oct. '19

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
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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. Don't be afraid to let us know what you like or don't like about the newsletter. Diet tips? More recipes? Have a question – maybe we can answer it in a future newsletter. Just let us know.

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, October 26th.

Outreach Days

Richfield Springs	October 3 & 21 9:45AM – 2:00PM*
Cooperstown	October 8 9:30AM – 2:00PM*
Cherry Valley	October 18 9:45AM – 2:00PM*

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

Closings

WIC will be closed on October 14th in observance of Columbus Day.

Contact Us:

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

Shopping with Susan WIC Shopping Tips from a Real WIC Mom

Here are some helpful tips for planning your WIC shopping trip:

1. If you are not sure if certain items that you want to purchase with your WIC benefits are in stock at certain grocery stores feel free to look it up on the stores website. Most stores allow you to look up in-stock items that might include pictures. Some will even give you an aisle number to make finding that item so much easier.
2. Sometimes when we get to the store, we realize we don't know our WIC benefit balance. You can look this up on the app, call the number in the back of your card, or use the website www.wicconnect.com. If you don't have a phone available, you can go to customer service at any WIC approved store and they can print you off a beginning balance receipt.



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

Fall is here...time to get into those fall activities! Here are some ways for your toddlers or even children to stay active and fit during the colder months of upstate New York.

Fall activities: Soccer, Hiking, Basketball, Track, walking, Apple picking, Pumpkin patches.

Soccer: Encourages great cardiovascular health and muscle toning.

Hiking: a great way to get off the couch, go outdoors, and explore nature as the leaves begin to change and walking helps lead to a healthy heart.

Basketball: Great for cardiovascular healthy but also hand eye coordination and muscle memory.

Track: whether its long distance or sprinting. Both are great for cardiovascular health and muscle toning.

(continued on page 4)

What's Cookin' with Barb & Heather

Acorn Squash Stuffed with Brown Rice and Sausage

Ingredients:

2 acorn squash (about 2 1/2 pounds)
1 tbsp. vegetable oil
1/2 lb. sweet or hot Italian turkey or chicken sausage
1 small onion
2 cups of brown rice
1 medium red pepper
Salt and ground black pepper

Directions:

- Lightly grease microwave-safe large plate; place squash halves, cut sides down, on plate (it's OK if halves overlap slightly). Cook squash in microwave oven on High 8 to 9 minutes or until fork-tender; set aside until cool enough to handle.
- Meanwhile, preheat oven to 375 degrees F. Line pan with foil.
- In nonstick 12-inch skillet brown sausage and break it into smaller piece. With slotted spoon, transfer sausage to large bowl.
- Clean skillet, and heat oil, add onion, red pepper, 1/2 teaspoon salt, and 1/4 teaspoon black pepper, and cook over medium heat 6 to 8 minutes or until lightly browned and tender, stirring occasionally; add to sausage in bowl.
- With spoon, scoop out squash, leaving 1/4-inch-thick shell. Add scooped-out squash to bowl with sausage; stir in rice. Spoon sausage mixture into squash shells; place in prepared foil lined pan. Bake 20 minutes or until heated through.



Inside Scoop:

WIC News You Can Use with Mary

WIC News and Program Updates

Did You Know?

We can use the same document to prove eligibility for two categories. For example, your pay stubs can provide proof of address and income.

On- line accounts are acceptable as proof of residency, income, current enrollment in SNAP, Medicaid, or TANF if you can show them to us on your phone or one of our computers. For example, your on-line NYSEG bill would show your residential address.

Mom's Medicaid can be used for proof of income for infants within the first 30 days of their birth.

Your verbal statement that you are pregnant, breastfeeding, or post-partum is proof of categorical eligibility.

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

Family Crafts

Fall is such a nice time of year to be outside and explore as a family. There are many things around during the Fall that you can use to make family crafts.

Make a wreath or picture frame out of pinecones, acorns, twigs and leaves. You can also press leaves in wax paper.

<https://www.craftionary.net/kids-fall-crafts-tutorials/> is a web site that has a lot of good ideas of thing you can make together. Have fun and enjoy!



Peer Counselors' Corner Words from Wise Women with Ginny and Alice

Cluster Feedings and Growth Spurts

Newborns need to eat often. In your first few weeks, you will probably breastfeed your baby 8-12 times every 24 hours. Sometimes your baby may want to nurse more often. When feedings are bunched together, especially in the evening, it's called cluster feeding. While it may seem like a lot, it is normal.

Evening Cluster Feeding

Sometimes your baby may be fussier in the evenings and want to nurse more often than during the day. Some babies may want to nurse every 30 minutes to an hour in the evenings. **This is normal, and it does not mean your baby isn't getting enough milk.** It may just be your baby's way of filling up before a longer sleep at night. Follow your baby's lead, and ask your partner and family for extra help to make evenings easier.

Growth Spurts

Your baby will go through many growth spurts in the first year. They can cause your baby to nurse longer and more often. (continued on page 4)

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.

Feeding Your Baby: When is the Right Time to Introduce Foods?

There are many different opinions as to when you can give your baby foods and what their first foods should be. Offering foods too early can be dangerous if your baby isn't ready for it. Their digestive system needs time to mature enough to handle anything other than breastmilk or formula and each develops at their own rate. There are some guidelines as to how you know they are ready. The CDC and the American Academy of Pediatrics recommend not introducing foods until your baby is about 6 months, as breastmilk and formula provide all the nutrition they need. Every child is different and may be developmentally ready sooner. When they can sit up with little or no support, have good head control and can open their mouth and lean forward when food is offered they are ready for foods. Your doctor will recommend when they feel your baby is ready, most say around 4 months.

There is no recommended food you should introduce first, many start with cereal as it is easily added to baby food and can be easily made with formula or breastmilk. Many add it to their child's bottle to thicken it and to fill them up. This practice is not recommended. To enable the thicker formula to easily come out of the bottle, many cut the nipple to improve flow. This can lead to overfeeding and choking, as the formula tends to come out too fast. The bottle should only be used for liquids. To start your baby with cereals, start with a bit in a bowl and spoon-feed your baby, this will allow them to learn how to eat from a spoon and to swallow, an important step in development. Varying the type of cereal is also important, by offering different types and not relying on only one, your baby can experience the different tastes and thicknesses offered by different grains. You can also find out which one works best for them. After the introduction of cereals, there is no recommendation as to which foods to start first, only to introduce them slowly to allow your baby to get used to this new flavor over the course of 3-5 days. We recommend starting with vegetables first, this way they will be most likely to continue eating them when the sweeter fruits are introduced. By the time your baby is 7 or 8 months, they can eat a variety of baby foods. Feed them what you are comfortable with and remember the fun is watching them experience new foods. While they may not like something the first time, continue to offer it to them because tastes change as they grow. When to introduce possible food allergens is another concern. The CDC believes that there is no reason to delay the introduction of these foods unless there is a family history of food allergies. In this case, you can talk to your doctor about what to do for your baby.

Until your child is one, formula and breastmilk remain the main source of nutrition, and solid foods gradually become a bigger part of their diet. In the beginning it is hard to know how much to give. Initially we start small by giving 1 to 2 Tbsp. of food and watching to see if they are still hungry, giving more if they continue to show signs. Introducing foods is a gradual venture, there are so many different flavors to introduce them to and it takes time. Meal timing is also important; offering them foods at mealtimes will get them into the routine of eating meals with the family and continuing to provide beverages and snacks in between. This gives them 3 meals and 2 or 3 snacks a day. As your child gets older, they will eat different amounts to food each day, this is normal and it is important to listen to their hunger cues and let them eat when they are hungry. As they age, they begin to grow at a slower rate and while there are times where they go through higher growth periods and will eat more, they will meet their needs.

When introducing solid foods, it is important to be aware of what can cause a choking hazard. To decrease the risk of choking, you can make sure your child is sitting up and not lying down, sitting in a high chair. Avoid eating in the car or a stroller because they are not sitting up all the way and are usually left to their own devices. As you introduce foods, they are learning how to chew and swallow so we must pay attention to what they are putting in their mouths. Keep fruits and vegetables in small, soft pieces and avoid things with skins, small seeds or pits, dried fruits or any hard, uncooked pieces. You can get a mesh teether, cook down harder fruits and vegetables and offer it to them to try in there so they can get the natural flavors. Bananas work great! When introducing other foods, avoid things with seeds, chunks, whole nuts, and hard/tough meats, round slices, popcorn, chips, hard candy and gum. You should also avoid honey and other unpasteurized foods as they can cause food borne illnesses like botulism or E. coli and can make your child very ill.

There are also beverages to avoid. Water and breastmilk/formula should be the only beverages they should get. Milk before 12 months can cause intestinal bleeding. Milk has too many proteins and minerals for their kidneys to handle, nor does it have the right nutrients for their needs. Juice is not recommended before a child turns one and after turning one, they should only receive 4 oz. of juice a day, watered down. You can spread it out throughout the day by adding 1 oz. of juice to the rest water. Children should avoid sugary drinks like soda, fruit drinks, flavored milks and other sweetened beverages. Sports drinks count, too. They contain a lot of sugar and the American Heart Association recommends children should not get any sweetened beverages until they are at least 24 months. Children should not drink too much milk as it will also fill them up and they will not be hungry at their meals. Limit milk and dairy to 16 oz. a day. Water and milk are your best options.

Introducing foods and knowing how to introduce them can be challenging for parents. There will be people telling you different things, but remember that every child is different and develops at their own rate. Your child will let you know when they are ready and what they like. Food is the one thing they can control at this age and their tastes will change. (continued on next page)

Feeding Your Baby, (continued from page 3)

Be patient and continue to offer, while they may become picky, the stage usually passes. Continuing to offer a variety of tastes and textures is important. Offer a variety of foods in a manner that allows you to feel comfortable and always reach out to a professional should you have questions or concerns. Ask your doctor or us! This can be a fun experience, even if a bit scary, enjoy the messes and the faces!

Move It to Lose It Diet and Physical Activity Tips from Michael (continued from page 1)

Walking: a great way to get out from in front of the TV and enjoy the beautiful fall weather and scenery while burning calories and leading to great cardiovascular health.

Apple picking: Encourages kids to get physical activity but also make fond memories and learn about NY State's apple crops.

Pumpkin patches/corn mazes: Encourages physical activity but also helps get into the Halloween spirit and stay heart healthy without consciously thinking about physical activity.

Leaf raking: helps encourage physical activity by raking and then having some fun too, by jumping in the leaf pile.

Peer Counselors' Corner (continued from page 2) Cluster Feedings and Growth Spurts

These growth spurts typically happen when your baby is around 2-3 weeks, 6 weeks, 3 months, and 6 months old. Many babies are fussier during growth spurts and will want to nurse longer and more often, as much as every 30 minutes. It may feel like all you're doing is feeding your baby! But this is your baby's way of helping you increase your milk supply so that you can keep up with baby's needs. Remember, the more your baby nurses, the more milk your body makes. Once your supply increases, you will likely be back to your usual routine.

During a growth spurt, you may wonder if you are making enough milk for your baby. The answer is probably yes. Follow your baby's lead. As you feed your baby, your body adjusts to make the right amount.

Make sure to take care of yourself during this time. You might be hungrier and thirstier during your baby's growth spurt, so listen to your body and eat well. And let your loved ones help. They can make dinner for you, change diapers, and more. (Reprinted from <https://wicbreastfeeding.fns.usda.gov/cluster-feeding-and-growth-spurts>)

Peer Counselors Ginny (607.638.9058) and Alice (607.201.6342) are eager to help you reach your breastfeeding goals.

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