

# Growing Stronger Families

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

## AVOCADO SALSA – May is National Salsa Month

### Ingredients

2 large avocados, diced  
2 tablespoon lime juice (about 1 lime)  
1 jalapeno pepper, finely diced  
1 plum tomato, seeded and finely diced  
¼ cup red onion, finely diced  
2 tbsp. Cilantro, chopped  
Salt to taste



### Directions

Mix everything, season with salt to taste and enjoy!

## HOMEMADE PICO DE GALLO

### Ingredients

5 Cloves garlic, minced (2 tablespoons)  
2+ jalapeno peppers, seeded, deveined and finely chopped  
4 cups finely chopped roma tomatoes  
1 ½ cups finely chopped onion  
1 ½ cups chopped cilantro  
1 tsp salt  
½ tsp. lime zest  
3 Tbsp. lime juice (1-2 limes)



### Directions

1. Mince garlic and jalapenos in food processor, if using. Jalapeno peppers are not that spicy in this recipe. Feel free to continue adding pepper to reach a mild heat, or to preferred taste.
2. Combine all ingredients in a large bowl and refrigerate overnight. Season with salt and lime juice according to taste, 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 one Saturday a month from 8:30AM – 12:30PM. This month we are open on Saturday, May 19<sup>th</sup>.

## Outreach Days

May 4<sup>th</sup> & 21<sup>st</sup> Richfield Springs  
9:45AM – 2:00PM

May 8<sup>th</sup> Cooperstown  
9:30AM – 2:00PM

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

## Closings

WIC will be closed Monday May 28<sup>th</sup> in celebration of Memorial Day.

Don't forget to Celebrate Mom on May 13<sup>th</sup>!

## What's The Deal With Soy?

There is a lot of controversy surrounding soy and its safety mostly stemming around the suggestion it can cause breast cancer. Soy is a protein, nutrient filled legume that is consumed around the world, most commonly as tofu and soy milk.

Soybeans were imported to North America from China in the early 1900's as an animal feed. They were subject to genetic modification in the 1950's. Today 90% of soybeans are genetically modified. Nutritionally soybeans contain 48% protein which is as much protein as milk, beef or eggs. It is this protein that causes allergic reactions for some people. Soybeans contain a mix of slow-digesting carbohydrates like fiber and other starches that are good for promoting growth of healthy bacteria in the gut. It is a gut friendly food for those who can tolerate it without experiencing allergic reactions. Soybeans are also a good source of folate, cooper, manganese, vitamin K and thiamin.

Soybeans contain phytoestrogens or isoflavones. These serve as a defense mechanism and act as natural estrogen receptor modulators. These isoflavones are similar in structure to a form of human estrogen where they have both weak estrogen-stimulating and estrogen-inhibiting effects, depending on the circumstance. This is where the controversy comes in. These isoflavones in soybeans are in higher amounts than in other foods. Eating soy products have been linked to increased breast tissue in

women thereby hypothetically increasing the risk of breast cancer. Observational studies indicate that consuming soy products may reduce the risk of breast cancer as well as protect against prostate cancer in men. It is believed that exposure to isoflavones early in life may help protect against breast cancer later in life. Other studies indicate that soy and their isoflavones may help alleviate the symptoms of menopause and cut the risk of osteoporosis in postmenopausal women.

Consumption of soy products also leads to concerns over it suppressing thyroid function and contributing to hypothyroidism. Studies indicate that isoflavones may suppress the formation of thyroid hormones in both animals and humans. Most studies found there was no significant link between soy consumption and thyroid function and only those born with a thyroid hormone deficiency or those already with an underactive thyroid have a slightly higher risk.

More studies are needed to look into soy and its impact on public health. Soy isoflavones can be beneficial in preventing side effects of some cancer treatments already used. There is so much we still need to learn about soy and its effects on cancer. Overall, soy foods are safe and can be part of a healthy diet. If you don't like soy milk or tofu, there is always edamame, which are soybeans before any processing. They make a tasty snack once steamed!

## Breastfeeding Peer Counselor Section

**Moms... Make the most of your WIC benefits!!**

**Your breastfeeding Peer Counselor or PC:**

- **Available 24/7**
- **Reliable source of information and support between appointment with your health provider**
- **Contacts you at intervals throughout your pregnancy & until your child's 1<sup>st</sup> birthday**
- **Confidential**
- **Free!**
- **Our PC will compassionately hear your worries, sorrows & frustrations**
- **Your PC will celebrates your joys & your accomplishments**
- **Your PC will cheer you on!**
- **The PC's at OFO WIC have a combined 17 years of breastfeeding experience**
- **We are passionate and professional, helping Moms feed their babies.**

**Have you spoken with your Peer Counselor lately?**

**Submitted by PC Alice**

## Vitamin D: The Sunshine Vitamin

Vitamin D is a very important vitamin that we consume by being exposed to the sun. When the skin is exposed to sunlight there is a hormonal reaction that creates vitamin D. It is considered a pro-hormone and not a vitamin for this reaction. Vitamin D has many functions, from its importance in immune health to bone health. Vitamin D can break down quickly and when there is limited exposure can lead to a deficiency. Getting enough sun can be a challenge in the winter months and in the Northeast. Supplementation is often needed.

It is recommended that we get a minimum of 600 IU a day but no more than 2000 IU a day. Excessive Vitamin D can be harmful. Vitamin D fortified milk, orange juice and soy milk contains about 100 IU per cup while fatty fish like salmon can provide 200-500 IU per 3 oz. Exposure to sunlight on bare skin for 10-15 minutes, three times a week, midday often provides enough.

Vitamin D plays an important role in the maintenance of phosphorus levels and regulation of calcium in the blood, which are important for maintaining healthy bones. Vitamin D helps retain calcium that would otherwise be excreted. Deficiency of Vitamin D is often seen in children as rickets or softening of the bones and leads to bow-leggedness. Adults see it as osteomalacia or osteoporosis and results in poor bone density and muscle weakness.

Vitamin D is often given to infants, especially those that are breastfed as

they will not get it from their Mom. It is important in supporting the health of the immune system, brain and nervous system, regulating insulin levels and aiding diabetes management, supporting lung function and cardiovascular health and influencing gene expression involved in cancer development, as well as with bone and teeth health.

If you become deficient you may experience: fatigue, painful bones and back, depression, impaired wound healing, hair loss, muscle pain and increased instances of illness or infection. Extended periods of deficiency may result in obesity, diabetes, hypertension, depression, fibromyalgia, osteoporosis, neurodegenerative diseases, such as Alzheimer's disease and chronic fatigue syndrome.

Overconsumption of Vitamin D has its own risks as it can lead to the over calcification of bones and hardening of blood vessels, kidneys, lungs and heart. The most common symptoms are headache and nausea but can include loss of appetite, dry mouth, a metallic taste, vomiting, diarrhea and constipation. It is best to get Vitamin D through natural sources, i.e. the sun and food as supplements are not monitored by the FDA.

Following a healthy diet and playing outside when you can is a great way to stay healthy and get what you need!

## Mother's Day Crafts for Kids!

With Mother's Day approaching soon, kids will want to do something nice for their moms and what better way than a handmade gift.

Below are two easy crafts that kids can do at home (with a little help with scissor from an adult!).

The far left picture the "Flower of Love" that children can write all the things they love about their moms on each petal of the flower.

The middle picture is the "Sprinkles of Sweetness" that allows children to write all the words they think that describe their mom on sprinkles and put them all over their ice cream cone.

The far right picture is a simple card that even young children can make to put a smile on any moms face.



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