

# Growing Stronger Families

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

## MEDITERRANEAN SQUASH STEW

- ½ butternut squash (3 cups cubed)
- ½ bunch kale (2 cups chopped) – can also use spinach or other greens
- ½ onion (1/2 cup chopped)
- 2 cloves garlic
- 1 ¾ cups diced tomatoes
- 1 tbsp. lemon juice
- 1 tbsp. brown sugar
- 1 tsp. mustard
- 1 tsp. oregano
- 1 tsp. salt
- 2 tsp. vegetable oil
- 2 cups cooked rice



### Directions

1. Peel and seed squash. Cut into ½ inch cubes
2. Wash and chop kale
3. Chop onion and mince garlic
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano and salt in a medium bowl; set aside
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes, or until onion is soft
6. Stir in squash and sauce. Cover pan, increase heat to medium-high, and cook 15 minutes or until squash is tender.
7. Add rice and kale. Cover and cook for another 5 minutes.

## APPLE CINNAMON WRAP & ROLL

- 3 tbsp. sugar
- 1 tsp. cinnamon
- 3 tsp. vegetable oil
- 2 apples (2 cups chopped)
- 1/3 cup lowfat vanilla yogurt
- 4 6-inch flour tortillas



### DIRECTIONS:

1. Mix sugar and cinnamon in a small bowl. Pour 1 tsp of oil in small saucer.
2. Wash and chop apples. Place in medium bowl.
3. Add yogurt to apples. Stirring to combine.
4. Lay tortilla flat on a plate. Using fingers to lightly coat top side with oil. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so uncoiled side is up. Using ¼ of the apple mixture fill half of the tortilla, folding other half over mixture.
6. Heat 2 tps. oil in frying pan on medium.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly brown.\*
8. Remove pan from pan and cut in half.
9. Repeat with remaining tortillas.

Makes 8 servings.

\*If oil starts to smoke, remove pan from burner for a minute and then continue.



## 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 8:00AM – 12:30PM. This month we are open on Saturday, October 28<sup>th</sup>.

## Outreach Days\*

October 6<sup>th</sup> & 16<sup>th</sup> Richfield Springs  
9:45 AM – 2:00PM

October 10<sup>th</sup> Cooperstown  
9:30AM – 2:00PM

October 20<sup>th</sup> Cherry Valley  
9:45AM – 2:00PM

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

## Closings

WIC will be closed on Monday, October 9<sup>th</sup> for the Columbus Day Holiday.

## Pumpkin, more than pie, lattes and Jack O’ Lanterns!

Pumpkins are a common sight this time of year, a sure sign of fall. It is a nutritious and a popular flavor in desserts and beverages. Where did this orange ball come from and how did we develop the taste for it?

Pumpkins are believed to have originated in North America where seeds from related plants found in Mexico date back to 7000 to 5500 B.C. The name Pumpkin comes from the Greek word “pepon” meaning “large melon”. “Pepon” was later changed by the French into “pompon”, and further changed by the English to “pumpkin”. It later evolved to pumpkin with the American colonists.

Pumpkins were a staple in the Native American Indian diet. Dried strips were used in their mats, as well as in their diets. When colonists arrived they saw pumpkins growing and Native Americas eating them. Pumpkin became a staple in their diets as well. Pumpkins were used in a wide variety of recipes, and early pumpkin pie seems to have originated when colonists sliced off the top, removed the seeds, and then filled it with milk, spices and honey and baked it in the hot ashes of a dying fire. It has made a few transformations since then.

Pumpkins are very nutritious. They are a great source of potassium, fiber, vitamin C, and beta-carotene. One cup of cooked pumpkin provides well over 100% of our daily

needs for Vitamin A, 20% of our Vitamin C needs, and 10% or more for Vitamin E, riboflavin, potassium, copper, and manganese.

The fiber, potassium and vitamin C content in pumpkins support heart health. Potassium is important because it helps our bodies eliminate excess sodium which is beneficial in treating high blood pressure. It is also associated with the reduced risk of stroke, protection against loss of muscle mass, preservation of bone density, and the reduction in kidney stone formation.

The Vitamins C, E and beta-carotene found in pumpkins are used to support eye health and prevent degenerative damage. The iron in pumpkin and other plants sources such as spinach, beans, tomatoes and beets also appear to promote fertility in women of child-bearing age. Vitamin A, which is consumed as beta-carotene, is essential during pregnancy and lactation for hormone synthesis. The beta-carotene and Vitamin C in pumpkins, as well as other rich sources of these vitamins, provide an immunity boost from the combination of all its nutrients.

There is so much more to pumpkins than decorations. Use them for soups and stews; roast their seeds as a snack, roast wedges as a side dish and enjoy them. If you aren’t a fan of pumpkin as we normally see it, try it a different way. You just might like it!

## Breastfeeding Peer Counselor Section

Breastfeeding Families Benefit from Support, How can you support them?

-Deflect negative comments from family & friends.

-Calm a fussy baby while Mom gets ready to nurse or pump, or takes a short break afterward.

-Head off discouragement. Remember goals (which might change over time!) and offer positive encouragement.

-Care for a tired and busy Mom. Make sure she has a comfortable spot to nurse or pump, with plenty of body support (low stool, blankets, pillows), a drink of water, a healthy snack, etc.

-Take care of household tasks that need attention.

Remember, that your support can make the difference needed for families to reach their breastfeeding goals.

Support & information for families is available through your WIC Peer Counselors and also through La Leche League of Otsego County.

Submitted by Ginny

Have Breastfeeding questions or concerns, a Peer Counselor will be on site during outreach days!

## Halloween Safety

Halloween is a time of year many look forward to. It is important to make sure we stay safe while having a great time.

Did you know that children are 4 times more likely to be involved in a fatal pedestrian accident on Halloween than on any other night? Or that 12% of children aged 5 and under are given the thumbs up to go trick-or-treating alone? That's crazy! While 18% of parents use reflective tape on their children's costumes and 35% talk to their kids about Halloween safety each year, it is important to spread the word to keep our kids safe.

Here are some important tips to follow while out trick-or-treating.

1. Make sure children are with their parents or a trusted adult. No kids under 12 should go out unsupervised.
2. Only approach houses with their porch lights on and never go inside a stranger's home.
3. Stay on the sidewalks and keep from cutting across yards.
4. Cross the streets in groups at a designated crosswalk. Don't bolt into the streets.
5. Check your children's candy before allowing them to eat it.
6. Wear bright, reflective costumes and make sure there is nothing hanging low that anyone can trip on.
7. Make sure kids can see clearly with their mask and can breathe easily or use face paint/makeup to avoid these issues all together.
8. Make sure someone in the

group has a cell phone in case of an emergency.

9. Plan your trick-or-treating route in advance and stick to it. If anyone gets separated they will know where to go.
10. Eat a good meal before trick-or-treating to keep you energized for all that walking
11. Have fun!

Now that we know how to keep safe while having a good time, here are some fun facts to surprise your friends with!

Did you know that in 2012 there were an estimated 41 million trick-or-treaters in the U.S.?

Illinois, California, New York, Ohio, Pennsylvania and Michigan are the top pumpkin producers. Their pumpkins are estimated to be worth \$113 million dollars!

90% of the pumpkins grown are within a 90-mile radius of Peoria, Illinois!

There is a town in North Carolina named Pumpkin Center with a population of 2,222 people.

There is 35 million pounds of candy corn produced each year which is enough to circle the moon 21 times!

Did you know that 68% of children prefer chocolate candy for Halloween and that 70% of parents admit to stealing chocolate from their kids' candy stash! We knew it!

Have a great Halloween, stay safe and enjoy the sugar rush!

## Halloween Fun!

This time of year is a great time to play some sensory games and with textures. Remember having to try to figure out what something was by feel? We often did this around Halloween to spook kids and let their imagination run wild! Using food is a great way for children to explore different textures by discussing how the item felt, what their imagination thought it was, and what it really was. Here are a couple ideas using food.

Make sure all the items are in closed containers where we can't see into them and are easy to reach into. You can even put them in a bowl and cover it with a dish cloth.

Use cooked spaghetti for a "brain like" consistency.

Use peeled grapes for "eyes".

Use dried apricots for "monster ears".

Use corn kernels for "monster teeth".

Use sliced bananas sliced lengthwise for "tongues".

Use carrot sticks for "fingers".

You can also make pumpkin guts slime or sensory bags!

To make the **sensory bags**, fill a qt. sized freezer bag 1/3 with water and add a few drops of food coloring. Add something spooky and interesting to your bag like plastic spiders, googly eyes, beads, marbles, glass gems, glitter or sparkly pompoms. Be careful your items don't puncture the bag when squeezed. Seal your bag with packing tape on both ends, making sure to squeeze out as much air as you can before sealing the bag. The packing tape will help prevent leaks. You can also use hair gel if you want a thicker consistency to squish around. Have fun!!



To make the **slime** you will need a pumpkin, 2 regular size bottles of clear Elmer's glue and 1-2 cups of liquid starch. First, remove the guts from the pumpkin and place them in a large bowl. Then dump both bottles of clear Elmer's glue and 1 cup of starch into the bowl and mix together for about 15 minutes. Depending on the moisture of the pumpkin guts you may need more liquid starch. If still sticking to your hands after 15 minutes of mixing, add in a tablespoon of liquid starch and mix, repeating until it no longer sticks to your hands. Have fun!!



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