

Growing Stronger Families

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

Chicken and Rice Soup

Ingredients

- 1 tbsp. oil
- 1 onion, minced
- 3 large carrots, peeled and diced
- 1 stalk celery, diced
- 1 tsp. minced garlic
- 1 tsp. dried parsley
- ½ tsp. dried thyme
- 1 tsp. salt
- 1/8 tsp. black pepper
- 5 Cups low sodium chicken broth
- 2 chicken breasts
- 1 Cup brown rice
- 1 cup evaporated milk



Instructions

1. In a large soup pot, heat oil over medium-high heat. Add onion, carrots and celery, cook and stir for 3-4 minutes, until onions begin to turn golden.
2. Add garlic, parsley and thyme and cook 1 minute.
3. Add salt, pepper, broth, chicken and rice. Stir and bring to a boil over medium-high heat.
4. Reduce heat to medium-low (a simmer), cover and cook for 30 minutes, stirring every 10 minutes or until vegetables and rice are tender.
5. Remove chicken from pot and shred with a fork. Add back to the pot with the evaporated milk.
6. Serve and Enjoy!

Sweet Potato Tacos

Ingredients

- 2 lbs. sweet potatoes cubed into ½ inch chunks
- 1 (8 oz.) package of sliced mushrooms
- 2 Tbsp. olive oil
- 2 Tsp. paprika
- 2 tsp. cumin
- 2 tsp. chili powder
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. salt (more or less to taste)
- 1 tsp. pepper
- 1 (16 oz.) can black beans

Directions

1. Preheat oven to 425°F and line a baking sheet with parchment paper
2. Place everything, except beans onto baking sheet.
3. Toss to combine.
4. Bake in preheated oven for 20-30 minutes, or until potatoes are tender, stirring every 10 minutes or so.
5. Remove from oven and stir in the beans.
6. Taste and re-season, if necessary.
7. Serve with tortillas, salsa, cheese, etc. 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 4th Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, December 22nd.

Outreach Days

December 7th & 17th Richfield Springs
9:45AM – 2:00PM*

December 11th Cooperstown
9:30AM – 2:00PM*

December 21st Cherry Valley
9:45AM – 2:00PM*

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

Closings

WIC will be closed on Tuesday, December 25th for Christmas.

Having a Healthy Holiday

The holiday season is full of fun, family, celebrations and good food. Did you know that on average, Americans gain about one to two pounds during the holiday season? While this doesn't seem like much, research shows that it tends to stay and accumulate over the years. These pounds can be avoided by following some simple tips and making healthier food choices.

Holiday meals tend to be bigger meals set at one time and surrounded by a lot of snacking. It is important to not skip meals the day of the feast, especially breakfast. Research shows that those that eat breakfast tend to consume less calories throughout the day. Including fiber-rich foods like fruits, vegetables and whole grains will keep you satisfied longer and are lower in calories.

Holiday meals also tend to be served buffet-style and often include multiple helpings. The common mistake is eating larger portions of food we believe to be healthy. While nutrient-rich foods are important, they also contain calories and should be eaten in moderation. A common strategy used to avoid over eating is to use smaller plates. This allows you to put less food on your plate while encouraging proper portion sizes. Eating a salad, and loading up on fruits and veggies before the entrée or dessert will also help you eat less. Savor what you are eating. Many tend to eat fast and rush through a meal. Eating slower and savoring the flavor of what you eat, allows your body's time to enjoy and process what

you ate resulting in eating less over time.

There are ways we can make our holiday meals even healthier. We can give our recipes makeovers to include healthier options, using yogurt to make your mashed potatoes creamier instead of butter or sour cream, using mashed cauliflower as part of your mashed potatoes to cut down on the starches, or adding more spices to add flavor. There are many ways to make things healthier while still tasting great. Check out recipes at choosemyplate.gov!

Another great way to make things a bit healthier is to "tweak the sweet". We do this by adjusting our desserts a bit. How, you ask? Try baked apples sprinkled with cinnamon and sugar instead of apple pie, try using applesauce or mashed ripe bananas as a substitute for butter when baking, reduce the amount of sugar a recipe calls for and add more spices like cinnamon, allspice or nutmeg to add a bit more flavor.

Don't feel you have to eat all the food at once. Leftovers are great! You can use leftover turkey in soup, in a potpie, on sandwiches or salads and the same can be done with extra veggies! If you feel you have too many leftovers, you can give them to those you know in need.

When the meal is over, incorporating exercise and activity will help burn off some of those calories and can become part of your tradition. Scavenger hunt or walk anyone?

Breastfeeding Peer Counselor Section

Holiday Weaning: Embrace or Avoid?

As your days are busier with seasonal activities, you may find that you are starting to delay feeding your baby, relying on distractions, using a babysitter, etc. As a consequence, your milk supply may decrease, baby may go on a nursing strike, or there may be other signs that make you think your baby is ready to wean. This is a good time to wean, if your child is ready.

If your child is not old enough to be weaned, or you are not both ready, then you'll want to be careful this holiday season.

While you're busy, ask a friend or family member to help take care of baby, and bring them to you whenever they need to feed.

Bring your baby to holiday events. A cheerful baby in a sweet outfit will increase the holiday spirit. When baby is tired, it is time for you both to go home and rest, anyway.

It's important to have a plan, for how you and your baby will have sufficient time to continue your nursing relationship. Discuss these aspects of your holiday in advance, so no one is surprised.

The holidays are about family and caring for those we love – your little one's nursing season is brief & their needs should be honored and protected by the whole family.

Do you have questions or concerns about holiday weaning? Contact your Peer Counselor, Alice or Ginny, today.

B6, One of Many B Vitamins

B6 is one of many B vitamins. We use B vitamins to make energy from the foods we eat. These 8 vitamins work together and are important for metabolism, brain and liver function, growth, building blood cells and for maintaining healthy hair, skin and vision. B6 is also known as pyridoxine. B6 specifically plays key roles in keeping the brain and nervous system functioning properly and is important in the production of hemoglobin. Hemoglobin is the protein in blood that carries oxygen throughout the body. B6 is also important as it helps make serotonin, norepinephrine and melatonin. Serotonin helps regulate mood. Norepinephrine helps your body cope with stress while melatonin helps regulate your internal clock and your sleep.

B6 is important for both young and old brains. It is needed for proper brain development in kids. It helps brain function throughout life and some studies have shown that combining B6, B12 and folate may play a role in slowing cognitive decline and age-related memory loss. This helps us believe that these vitamins may help decrease risk of stroke, Alzheimer's disease and depression.

As with any vitamin, the amount we need depends on our age. The B vitamins are water soluble, which means that they dissolve in water and other fluids, so whatever isn't used, is excreted in urine. We need it daily, as we can't store water-soluble vitamins. So, how much do we need daily? As with every vitamin, pregnant and breastfeeding women require a little more than everyone else, 1.9 mg and 2

mg, respectively. Newborns require very little, .1 mg a day, infants aged 7 months to 1 year need .3 mg, children to age 3 need .5 mg, they need .6 mg until age 8 and 1 mg until age 12. Teenage boys need 1.3 mg until age 18. Teenage girls need a little less at 1.2 mg. As adults we need 1.3 mg until we are 50 and men over 51 need 1.7 mg while women over 51 need 1.5 mg. Those over 50 need more as our bodies don't absorb nutrients as well as we age. Increased intake over age 50 ensures we get what we need at that age.

Those who eat a well-balanced diet will get the needed amount of B6. Good sources of B6 in the diet are chickpeas, beef, poultry, fish, whole grains, fortified cereals, nuts, beans, bananas and potatoes. Those that are concerned about getting enough can take a general multivitamin as it can help fill in the gaps.

B6 deficiency is rare and most who are deficient are deficient in other B vitamins as well. Conditions that effect the absorption of vitamins and minerals and may result in a deficiency are some kidney diseases, ulcerative colitis, celiac disease and Crohn's disease. Symptoms that signal a deficiency include a swollen tongue, depression and confusion, a weakened immune system and certain types of anemia. While consuming too much is rare, it can lead to nerve damage and a new study suggests a link to increased risk of lung cancer in men who smoke.

B6 is an important vitamin, as are all vitamins. If you are concerned that you might not be getting enough, check with your doctor.

Christmas/Holiday Crafts and Fun

Making decorations with your kids is a great way to decorate for the holidays and spend time together. These crafts are also a great reminder of the memories you are making as they grow. Here are some fun ideas for you and your kids.

1. Make a handprint wreath. Using a paper plate, cut out the center. Next, trace your kids hands on green paper and cut them out. Place and glue around the paper plate. Next add a little red bow and some red dots to make it more festive.
2. Use your thumbprint to make holiday themed pictures. Use white to make snowmen, brown to make reindeer or green to make Christmas trees and then

decorate to make them resemble what you'd like.

3. Make snowflakes using popsicle sticks and glitter, or colored paper. Place some string through one to make a great ornament.
4. Make a handprint/foot print reindeer. It is a bit messy but so much fun. Use the footprint as the head and the hands as the antlers and color in eyes and a nose, decorate however you'd like.
5. Spend time outside or around the house by going on a scavenger hunt with your kids. We've attached one with a list for both

inside and outside. Go have some fun!



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, audiotope, 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.