

WIC Life — Dec' 19

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
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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 21, 2019

Outreach Days

Richfield Springs	December 6 th & 16 th 9:45AM – 2:00PM*
Cooperstown	December 10 th 9:30AM – 2:00PM*
Cherry Valley	December 20 th 9:45AM – 2:00PM*

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

Closings

WIC will be closed on December 25 in recognition of Christmas.

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

Purchasing formula just got a little easier in the City of Oneonta. No more having to go across town last minute to get Enfamil Infant Formulas. Walgreens on 99 Chestnut Street is now an approved WIC Pharmacy (formula only). You can use your eWIC card to purchase infant formula as prescribed to you just like at any other store. At a minimum they have to carry 12 cans of Enfamil Infant Powder 12.5oz or 24 cans of Enfamil Infant Concentrate 13oz. *In addition, pharmacies must order and stock exempt (hypoallergenic or formulas for premature infants) and soy formula as requested by the Vendor Management Team. Feel free to contact the WIC office on how to make a request with the Vendor Management Team.



Move It to Lose It Diet and Physical Activity Tips

What better way to get in your physical activity for the month of December than Mall Walking! This month, we are talking to you, Grandma and Grandpa. “Did you know that about [27% of adults aged 45-64 years](https://www.cdc.gov/nccdphp/dnpao/features/mall-walking-winter/index.html) and [39% of adults aged 65 years or older](https://www.cdc.gov/nccdphp/dnpao/features/mall-walking-winter/index.html) are inactive? Regular physical activity, including walking, can help lower your risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. These diseases occur more often as people get older. Regular physical activity can also help control weight, improve sleep and, for older adults, help maintain independence, reduce the risk of falling down and delay the start of mental decline, such as being forgetful,” according the Center for Disease Control. (<https://www.cdc.gov/nccdphp/dnpao/features/mall-walking-winter/index.html>). Locally, we have the Southside Mall and many people already enjoy daily walking at the FoxCare Center in Oneonta. These enclosed spaces offer plenty of parking outside, are handicap accessible, have pleasant temperatures inside, seating if you need a rest, interesting things to look at, and public restrooms. So Grandma and Grandpa, don't let a few snowflakes keep you from exercising this winter. After all, those grandbabies want you around for a long time.

What's Cookin' with Barb & Heather

Mouth Watering Oven-Fried Fish

Need a break from turkey?

Ingredients

2 pounds of fish filets (see notes)
1 tablespoon lemon juice
¼ cup buttermilk (fat-free or low-fat, see notes)
1 teaspoon of fresh garlic, minced
1/8 teaspoon hot sauce
¼ teaspoon white pepper
¼ teaspoon salt
¼ teaspoon onion powder
½ cup corn flakes (crumbled or regular bread crumbs)
1 tablespoon vegetable oil
1 lemon (fresh, cut into wedges)

Instructions

Preheat oven to 475°F.

Clean and rinse fish. Wipe fillets with lemon juice and pat dry

Combine buttermilk, hot sauce, garlic.

Combine pepper, salt, and onion powder with crumbs and place on a plate.

Let fillets sit briefly in buttermilk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.

Arrange on lightly oiled shallow baking dish.

Bake for 20 minutes on middle rack without turning

Cut into 6 pieces. Serve with fresh lemon wedges. Serves 6

Notes: May substitute black pepper for white pepper. May use cayenne pepper in place of hot sauce. May use dry breadcrumbs, cracker crumbs, or other unsweetened cereal crumbs in place of corn flakes. May use fat-free or low-fat milk with vinegar in place of buttermilk. (1 tsp vinegar and ¼ cup of milk; stir and let stand a few minutes)

Inside Scoop:

WIC News You Can Use with Mary Winter Weather and WIC

If the school district nearest your WIC site is closed, the WIC site is cancelled for that day. We will contact you to arrange for you to receive your benefits. Please check local media outlets like WKTV, WSRK-FM, or the OFO Facebook page for updated information. When Opportunities for Otsego, closes due to weather, WIC also is closed and we will contact you the next business day. Please remember to update your phone number with us.

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

It is the season of giving!

Family and friends love to receive gifts that are homemade, especially from a child. Children love to be creative and make things. There are a lot of different ideas you can do with your child to make homemade gifts. Some ideas are, a homemade picture frame made out of popsicle sticks with your child's picture, bath bombs, or a white coffee mug decorated with paint markers. Pinterest is a great place to find ideas, along with the internet.

Enjoy and have fun together!



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

Avoid Surprise Holiday Weaning

With all the seasonal activities going on, you may find you are starting to delay feeding your baby, relying on a baby swing to distract them, perhaps using a baby sitter more frequently and bottle-feeding your pumped milk. Consequently, your milk supply may decrease, your baby may go on a nursing strike, and you may mistakenly think they must be ready to wean. A parent who is aware of this possibility can preserve the nursing relationship and avoid "holiday weaning."

-At home: Have a friend or family member play with or entertain your baby in your home while you bake, decorate, wrap or whatever. With you close by to breastfeed your baby, there will be no need for any bottles!

-While shopping: If you use a baby carrier your baby can accompany you on shopping trips, and may sleep through much of your shopping. Or bring a trusted caregiver to help carry him or the packages. The extra arms will surely come in handy.

-At a party: A cheerful baby in a special holiday outfit will be fussed over by everyone, and no one will complain about their presence. (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.

Tis the Season for Root Vegetables

What are root vegetables? Root vegetables are the vegetables that grow underground at the base of the plants. Most are not technically roots and are classified as bulbs, corms, rhizomes, taproots or tubers. There are many different varieties of root vegetables. They are starchy vegetables since their main purpose is to provide nutrients to the plants above for the colder months. There are many ways to prepare them and they are all nutritious.

So what makes all these types different and what are some examples? Root vegetables is a term used to encompass both true roots and non-roots. **Bulbs** grow just below the ground's surface and produce short, leafy shoots above ground. They contain layers or cluster segments. The most recognizable bulbs are garlic, onion, leek, shallot and fennel. **Corms** are similar to bulbs in appearance. They are smaller, their nutrients are more condensed, and they are solid once you cut into them, unlike a bulb that contains layers. Common corm vegetables are water chestnuts and taro. **Rhizomes** are fleshy underground stems. They grow underground or at ground level with many growing points or eyes similar to potatoes. The most common rhizomes are ginger, turmeric, asparagus and arrowroot. **Taproots** are an enlarged root that is broad on top, fleshy and tapers off at the bottom. Beets, radishes, turnips, parsnips and carrots are taproots. **Tubers** are modified plant roots and stems that are enlarged to store nutrients. These stores support new stem growth for the plant. The most famous root vegetables in the US is a tuber, the potato. Artichokes, sweet potatoes and yams are also tubers.

Let's talk a bit about nutrition. Root vegetables, while starchy, have a highly varied nutritional make-up. While most are low in calories and antioxidants, their vitamins and minerals vary. The flesh of a medium baked sweet potato contains 103 calories and enough Vitamin A to meet your entire Recommended Dietary Allowance for the day, 1,096 micrograms. Carrots are also a great source of vitamin A, a cup of chopped raw carrots contains 1,069 mcg. A medium baked russet potato, with the skin, has 164 calories and 935 mg of potassium. That's more than twice the potassium in a medium-sized banana. While they all contain carbohydrates, some contain more than others. The baked potato will contain about 37 grams of carbs while the sweet potato will contain about 24 grams. A cup of raw carrots has fewer with 12 grams of carbs while a large cooked onion has about 13 grams. Although carbohydrates are the main source of energy for the body, getting more than your body needs in the diet causes them to store as fat. Eating too many carbs in one sitting can also cause your blood sugar to spike and frequent blood sugar spikes can increase the chance of developing diabetes and make it more difficult to manage if you already have it.

Now that we know that some are better than others are, which are the best. **Onions** are one of the healthiest root vegetable and are very diverse. They are high in fiber, vitamin C and antioxidants. Some research observed that onions may possess powerful anticancer properties and may help reduce blood sugar levels. **Sweet potatoes** are another root vegetable full of nutrients. They are rich in fiber, vitamin C, manganese, vitamin A and a good source of antioxidants. Some studies suggest that due to their high vitamin A content, they may also aid to improve immune function, protect vision health and support skin health. **Turnips** are a root vegetable that many don't think about. They are a great source of manganese, Vitamin C, fiber and potassium. Turnips are a great swap for potatoes. They are considered both a root vegetable and a cruciferous vegetable, with a high vitamin C content that helps boost the immune system. **Ginger** is loaded with antioxidants. Studies have shown it to be effective in reducing nausea and morning sickness in pregnant women, decrease pain and inflammation, reduce symptoms of osteoarthritis, and relieve menstrual pain. It is often found in teas, soups and stews. **Beets** are one of the most nutritious vegetables. They are a great source of fiber, folate and manganese. They are high in nitrates; the beneficial plant compounds that help dilate your blood vessels, helping to lower blood pressure and improve heart health. Studies show that eating beets may increase blood flow to your brain, improve exercise performance and have shown signs of anticancer properties. When preparing beets, wear gloves as they tend to stain and were commonly used as a dye. **Garlic** is closely related to onions, shallots and leeks. All are good sources of manganese, vitamin B6 and vitamin C. Studies have shown that it can promote heart health by lowering blood pressure and cholesterol. It may also boost immune function by decreasing symptom severity or preventing infections. **Radishes** are a small, nutritional root vegetable. They are low in carbs and calories, contain a healthy amount of fiber and vitamin C, provide antifungal properties and its leaves may protect against stomach ulcers. **Fennel** is closely related to carrots and has a licorice flavor. Fennel provides few calories and high levels of vitamin C, potassium and manganese. It also contains anethole, a compound that provides the licorice flavor and has been shown to help metabolize carbs thereby reducing blood sugar levels. Fennel also possesses antimicrobial properties. **Carrots** are one of the most nutritious vegetables. They contain high amounts of vitamins A and K and the antioxidant beta-carotene. They have been linked to lowering cholesterol levels, lowering risks of certain types of cancer, and protecting against age-related macular degeneration, the leading cause of vision loss. **Celeriac** or celery root contains a healthy dose of vitamin C, phosphorus and vitamin K. Vitamin K is necessary for blood clotting and is key for bone health. It has a nutty taste and a crunchy texture. (continued on page 4)

Nutritionist's Choice (continued from page 3)

Tis the Season for Root Vegetables

Turmeric, often found in spice form, contains the compound curcumin that has been shown to prevent blood clot formation, lower cholesterol and reduce markers of inflammation.

Research also suggests that curcumin may alleviate joint pain, decrease symptoms of depression and stabilize blood sugar.

Potatoes are incredibly versatile and very nutritious. They contain a high amount of fiber, vitamin C, vitamin B6, potassium and manganese. Cooked potatoes are high in resistant starch, starch that passes through the digestive system undigested and helps feed your beneficial gut bacteria. This resistant starch helps us feel full longer, which may help promote weight loss. A little goes a long way! **Rutabagas** are root vegetables we don't think of often. They are related to mustard and mostly cultivated for their edible leaves and roots. Rutabagas supply a good amount of vitamin C, potassium, manganese, fiber and antioxidants. They contain glucosinolates, a sulfur-containing compound found in cruciferous vegetables that may help prevent against cancer cell developments and growth as well as prevent oxidative stress.

There are wide varieties of root vegetables out there, each have their own unique set of benefits. Eating a variety allows us to broaden our palate and experience flavors we might not normally try. Different cultural cuisines highlight different root vegetables. Indian and Middle Eastern foods usually contain turmeric while Asian foods usually have ginger. There are so many available and so many ways to prepare them. You can mix potatoes and turnips to lighten up your mashed potatoes, add radishes to your salads, or switch a sweet potato for a white potato to add variety. Are you ready to try something new?

Peer Counselors' Corner Words from Wise Women with Ginny & Alice (continued from page 2)

Avoid Surprise Holiday Weaning

-While traveling: If your family lives out of town, you may need to travel far away for a holiday. It is important to plan how you and baby will have sufficient time to continue your nursing relationship. Schedule plenty of nursing stops. In advance, scope out spots en route where the nursing couple can stop and breastfeed safely.

-With relatives: Discuss these aspects of your holiday in advance, so no one is surprised or compromised. After all, holidays are supposed to be about family, and the littlest member's needs are paramount!

While holiday traditions are special, most happen every year, and the prudent parents knows that their baby's nursing season only occurs once in a lifetime and will make every effort to maintain it.

If you have questions or concerns about weaning, please contact your peer counselor.

Adapted from "How to Avoid Holiday Weaning

Contributed by PC Coordinator, Ginny

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