

Growing Stronger Families

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

Roasted Butternut Squash with Cranberries and Walnuts

Ingredients

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| 1 4 lb. squash, includes skin and seeds | 3 TBSP olive oil |
| 1 Lg. red onion, diced roughly | ½ cup walnuts |
| ¼ cup dried cranberries (or other dried fruit) | 3 cloves garlic, diced |
| 1 tsp. salt | 1 tsp. cinnamon |
| ½ tp. Nutmeg | 1 tsp. onion powder |



For the glaze

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| 1 TBSP. Balsamic vinegar | 1 TBSP. maple syrup, molasses or honey |
| 1 TBSP. tamari sauce | |

Instructions

1. Preheat oven to 400 F.
2. Peel the squash, cut into quarters and remove the seeds. Dice the cubes and add to a large roasting tray or baking dish. Add the onion and drizzle with olive oil. Toss together and place it the oven, middle shelf, for 10 minutes.
3. Chop most of the walnuts and reserve a few whole nuts. Prepare the rest of the ingredients.
4. After 10 minutes, remove the squash and scatter the chopped pecans, cranberries, garlic, salt and spices over the top. Stir thoroughly and place back in oven for 7 minutes.
5. After 7 minutes, remove tray again and scatter the remaining pecans over the top. Whisk together the glaze mix and drizzle over the tray contents. Place in the oven for 5 more minutes, serve and enjoy!

Slow and Easy Beef Stew

Ingredients

- 2 Lbs. stewing beef
4 carrots sliced
2 onions chopped
4 potatoes cubed
1 (10/12 oz) can cream of mushroom soup diluted with ½ cup water



Directions

1. Layer a large casserole or Dutch oven in given order.
2. Cover and bake for 5 hours at 275 F.
3. Enjoy plain or over rice!

This can also be made in a crock pot on high.



Hours of Operation

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| 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 3rd Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, December 16th.

Outreach Days*

December 1st & 11th Richfield Springs
9:45 AM – 2:00PM

December 12th Cooperstown
9:30AM – 2:00PM

December 15th Cherry Valley
9:45AM – 2:00PM

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

Closings

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

Tree Nuts: the allergy and those that cause them

We hear about peanut allergies and often neglect to talk about their cousins, tree nuts. Peanuts are a legume and not a nut, same with seeds, but they cause a similar allergic reaction. Tree nuts are one of the most common food allergies in children and adults. Popular members of the tree nut family include walnuts, almonds, hazelnuts, cashews, pistachios, pine nuts and Brazil nuts. Coconuts though not an actual nut, are considered to be a tree nut and are a separate allergy.

Allergies are an immune response where the immune system recognizes something as an invader and attacks it, resulting in various reactions like swelling, hives, rash, upset stomach and trouble breathing, or even going into anaphylaxis (shock). Some people can be allergic to only one, while others are allergic to many. The chance of being allergic to multiple tree nuts increases if you are allergic to one. If you are concerned about a possible tree nut allergy, talk to your doctor and consider allergy testing.

The most popular tree nuts are almonds, pecans, walnuts, cashews, Brazil nuts, pine nuts, pistachios and macadamia nuts. They are in a lot of foods. It is important to avoid any type of nut product if you have a nut allergy,

even items related to that nut. There are many recipes and products out there that are nut free. To keep you safe, products in the US need to be labeled if they contain nuts or may have come in contact with nuts. Dog foods and treats also contain nuts so it is important to remain aware of where you might come in contact with them.

Nuts are a good source of nutrition for those that can consume them. They are a valuable source of protein, vitamins, minerals and antioxidants; each has its own variety and mix. Increasing other sources of protein and increasing intake of fruits, vegetables and whole grains can make up for what is lost without nuts in the diet.

Nuts are calorie dense; they have a lot of calories in their tiny packages in addition to all their nutrients. A one ounce serving of nuts is about 19 pecan halves, 18 cashews, 14 walnut halves, 6 Brazil nuts, 167 pine nuts, 21 hazelnuts, 49 pistachios, 23 almonds or 10-12 macadamia nuts. Whatever nut you choose to have, be cautious of the serving size and read the label, flavored nuts add more fat and calories than plain. They are great as a topping or added to a side dish and salad.

Keep an eye out for tree nuts; you never know when they might pop up!

Avoiding 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. As a consequence, 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.”

-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!

-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.

*Many youngsters appreciate the opportunity to gain some real hands on childcare experience, and may even help you for free.

-Bring your baby along to parties. A cheerful baby in a special holiday outfit will be fussed over by everyone, and no one will complain about their presence.

-Parents may invite friends over to have a gift-wrapping party, or a cookie/baking exchange. Here you can all tend to your little one's needs, perhaps even save money by sharing supplies.

Shopping, baking, cooking, being out and about; and caring for a baby can often leave parents feeling stressed. During these somewhat harried days, it may be hard to carve out enough nursing time with baby to reconnect, but lying down with a nursling will rejuvenate you both and keep that unique bond alive! If your family lives out of town, you may need to travel far away for a holiday. It is important to have a 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. Sometimes well-meaning family will not support your nursing in their presence.

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.

Submitted by Ginny Nelson, OFO WIC PC

Adapted from "How to Avoid Holiday Weaning", by Dee Russell, New Beginnings 11/2015

Starting Solid Foods

Transitioning from breastmilk or formula to baby foods and solids can be a daunting task. Many parents are wary of introducing them for fear of choking or allergies. Knowing when and how to transition can be challenging as well as to what to introduce when. Most babies are ready to eat solids or start eating baby foods at 4 to 6 months, WIC doesn't provide baby foods until 6 months to ensure they are ready for them.

When first starting to feed solid foods, you need to make sure they are sitting up to prevent and choking. Don't force them to try it. We want to keep mealtimes pleasant and forcing them to eat won't do that. They may not be ready so you can simply try at a later date. It is important for your baby to get used to the process of eating, sitting up, taking bites from a spoon, resting between bites and stopping when full. It will become more of a routine if they sit with you at mealtimes at certain times each day. Some parents put cereal in the bottle. This isn't a good idea. Adding cereal to the bottle can lead to choking and can increase the amount they eat, causing weight gain. Doctors may recommend it for reflux, however.

Start introducing new foods slowly, one at a time, only introducing that one food over a few days until they get used to it. They may simply not know what to do with it the first time offered and need to learn to eat this way. One way to make it a little easier is to give a little breastmilk or formula and then switch to a very small amount of baby food and finish with breastmilk or formula. This will prevent them from getting frustrated while making sure they eat when they are hungry.

Learning to eat is messy and takes time. Don't be surprised if more gets everywhere else and misses their mouth. Knowing what to start on is another

challenge, doctors often suggest starting with cereal first. Studies show that there are no advantages to our baby if they are given foods in a certain order. The same can be said for giving vegetables first. Baby foods often contain extra nutrients appropriate for baby's age. Once they learn to eat one food we can slowly start introducing others. This slow introduction allows us the time to observe and note if any allergies occur. It is the same when they get older and transitioning to milk or other allergens like eggs, fish or peanut butter. Transitioning takes time as does learning to eat with their fingers.

You will notice they are ready to feed themselves finger foods when they bring their hands or other objects to their mouth. To prevent them from choking, make sure they are always upright and any food they are given is soft, easy to swallow and is small pieces. Scrambled eggs, small pieces of crackers, bananas, well cooked pasta or fruits and vegetables are some examples. To prevent choking, don't give them anything that requires chewing.

The transition period is a great time to start healthy eating habits early. You are in control of what they get while they control how much and when at this stage. They will indicate what they don't like and you can keep introducing it to them as tastes change. It is also a great time to learn when they are full and to stop eating.

Learning to eat at this stage is a marathon not a sprint, WIC and your doctor are here to help!



Holiday Fun!!

It's the season to spend time with family and get outside when you can, which we know can be a challenge so here are some things to help!

Go on a winter scavenger hunt, build a snowman (if there's snow), have a snowball fight (again, if there's snow), go for a walk, let the kids go outside and use their imagination; you never know what they will come up with!

Below are a couple scavenger hunts for you to use!



Have a Happy Holidays and have fun!!



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