

# Making Mealtime Memories

Berries are abundant right now! Local U-Pick farms such as Ingalls or the Middlefield Orchard offer a great family activity, with the reward of fresh, local berries at the end of it!



## For Lunch OR for Dinner... **Blueberry Cucumber Salad**

### Ingredients:

2/3 cup sliced almonds  
8 cups spring greens, baby spinach or your greens of choice  
salt and pepper  
4 baby seedless cucumbers, thinly sliced  
4 green onions, thinly sliced  
1 cup blueberries

### Creamy Balsamic Vinaigrette:

1/4 cup balsamic vinegar  
1 garlic clove, minced  
2 tablespoons heavy cream  
2 teaspoons Dijon mustard  
2 teaspoons honey  
pinch of salt and pepper  
1/2 cup extra virgin olive oil  
2 tablespoons fresh chives

### Directions:

In a large bowl, toss the greens with a generous pinch of salt and pepper. Sprinkle on the blueberries, cucumbers, green onions and parmesan cheese. Add the almonds on top. Serve immediately with the balsamic dressing!

## And for dessert... **Strawberry Shortcake Dipper**

### Ingredients:

1/4 cup diced, washed fresh strawberries  
1/4 cup low-fat vanilla yogurt  
2 chocolate graham cracker squares

### Directions:

1. Wash hands with soap and water.
2. Spread yogurt on graham crackers.
3. Top with chopped strawberries (or blueberries!). Enjoy!



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# Healthy Living With Head Start

## Nutrition Made Early

Children start to develop eating patterns early in life that will stay with them as they age. Early nutrition starts with pregnancy! Eating a nutritious diet during pregnancy is linked to good brain development and a healthy birth weight, and can reduce the risk of many birth defects. A balanced diet may also reduce the risks of anemia, as well as pregnancy symptoms such as fatigue and morning sickness.

### Healthy Choices During Pregnancy

- Follow a **healthy eating pattern** by eating a variety of fruits, vegetables, whole grains, dairy products and protein foods. Limit refined starches that are in cookies, white bread and snack foods.
- **Don't eat** certain **foods such as raw or rare fish (sushi)**; unpasteurized soft cheese, juice or milk; lunch or deli meats; hot dogs; prepared salads (chicken salad, ham salad); or raw sprouts.
- Get the **right amount of calories for you**. In the first trimester, most women do not need extra calories. In the second trimester, most need about 340 extra calories and in the last trimester most women need an extra 450 calories.
- **Take a prenatal vitamin** with folic acid, iron, and iodine every day.
- Eat **8 to 12 ounces of low-mercury seafood** each week such as canned light tuna, catfish, cod, herring, oysters, salmon, shrimp or tilapia.
- **Limit** drinks with **caffeine** and **added sugars**
- **Don't drink alcohol.**
- **Maintain physical activity.** According to the Mayo Clinic, pregnant woman should aim for 150 minutes of moderate– intensity exercise each week. An easy way to meet this goal is to aim for a 30 minute walk on most, if not all, days of the week.



# Benefits of Breastfeeding

Breastfeeding is good for both you and your baby. Breast milk is the best source of nutrition for most babies. As your baby grows, your breast milk will change to meet his or her nutritional needs. Breastfeeding can also help protect you and your baby against some short- and long-term illnesses and diseases. While it is known that not all mother's are able to breastfeed their child, the U.S.

Dietary Guidelines for Americans recommend that **infants be exclusively breastfed for about the first 6 months**, and then continuing breastfeeding while introducing appropriate supplemental foods until your child is 12 months old or older. Other organizations like the American Academy of Pediatrics and the World Health Organization recommend breastfeeding along with supplementary foods for up to 2 years of age or longer.



## Tips for Breastfeeding:

- Pump between feedings to ease the pain of engorgement. Breastfeeding and pumping more often can increase your milk supply
- Switch up the cradle positions, and make sure you are comfortable!
- Follow your babies cues (Are they alert or awake? Sucking on their fingers? Nuzzling your breast?)
- Stay hydrated, and well nourished
- Consider trying different ways to latch

(for more information visit <https://www.pampers.com/en-us/baby/feeding/article/breastfeeding-tips>)



### Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 1 diabetes
- Severe lower respiratory disease
- Ear infections
- Sudden infant death syndrome (SIDS)

### Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer
- Breastfed babies also have better sleep patterns, and breastfeeding can save



# Eat Healthy on a Budget



**Everything seems to be a bit more expensive these days, including food. Making healthy choices often takes some time and planning as it is, so consider these tips when meal planning for your family.**

1. **Check what you have at home first.** Take a look in your refrigerator, freezer, and pantry before you make a list; make sure to look at expiration dates and best by dates. This can not only help you plan meals around what you already have, but will limit the number of trips to the grocery store and will help you avoid spending money on items you don't need.
2. **Making a shopping list** can help make shopping feel less stressful. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short. Consider keeping it general, such as "fruit" or "bread," in case they do not have specific items. And, try to prepare a list that will cover you and everyone in your household for 2 weeks.
3. **Include fresh, frozen, and non-perishable items.** Plan for a mix of fresh, frozen, and shelf-stable foods. Stock your freezer and pantry with items you can eat in the second week and beyond. Choose a mix of shelf-stable, frozen, and fresh foods. Examples of shelf-stable include pastas, rice, legumes, nut butters, and dried and canned goods. Frozen options to think about might be breads, meats, vegetables, fruits, and even milk. With fresh foods, buy a variety and always eat the fresh foods first. Remember to consider the special needs of all family members including infants, or those with dietary restrictions.
4. **Explore your shopping options.** Many grocery stores offer in-store pickup, curbside pickup, or delivery. Also, consider comparing prices online, and check out available coupons. Stores such as Walmart and Price Chopper have their food products listed online, so you can see which place is more affordable before heading to the store. Don't forget stores like Hannaford, Aldi, and Dollar General; there are lots of options in the area. Additionally, Farmer's Markets sometimes have benefits for SNAP recipients or Senior Vouchers for family members that are 60+. WIC, located at Opportunities for Otsego office building, also offers Farmer's Market vouchers for WIC recipients.
5. **How much should I buy?** Buy what you and your family need at the time, and resist the urge to buy in much larger quantities.

