

Growing Stronger Families

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

Balsamic Chicken with Spinach and Mushrooms

Ingredients

- 4 tbsp olive oil, divided
- 2 cloves garlic, minced, divided
- 1 bag fresh spinach leaves
- Salt and pepper
- 4 TBSP balsamic vinegar
- 2 TBSP Dijon mustard
- 4 boneless, skinless chicken breasts
- ¼ cup low sodium chicken stock
- 1 ½ tsp. dried thyme
- 1 package mushrooms, sliced



Directions

1. Heat 1 TBSP olive oil in a very large skillet over medium high heat. Add 1 clove minced garlic. Saute 1 minute, stirring frequently to prevent burning.
2. Add spinach and continue cooking until wilted, about 4 minutes. Sprinkle with salt, place spinach on a plate and set aside.
3. In the same pan, heat 2-3 TBSP. of olive oil over medium high heat. Mix together vinegar, mustard and remaining garlic. Place chicken and vinegar mixture in a large bowl and turn until coated well.
4. Place chicken in skillet, along with the remaining vinegar mixture. Sprinkle with salt and pepper to taste. Cook over medium heat until the chicken breasts are just shy of done, about 3 minutes on each side.
5. Push chicken to the outside of the pan. Add chicken stock and thyme, and scrape up any browned bits from the bottom of the pan.
6. Add mushrooms to the center of the pan and cook until they have released all their juices and chicken is completely done.
7. Place spinach in the center of the plate. Place one chicken breast on top of the spinach. Spoon mushrooms and sauce over the top. Enjoy!
- 8.

Note : Chicken, mushrooms and spinach are all excellent sources of zinc!

Easy Tahini Free Hummus

Ingredients

- 2 15-0z cans chickpeas, (rinsed and drained with ¼ cup liquid reserved to thin out hummus later)
- 2 large garlic cloves, roasted if you have the time, unroasted if you don't
- 2-3 tbsp. lemon juice, fresh is best
- ½ tsp. smoked paprika
- ¼ tsp. cumin
- Salt and pepper to taste
- 1-2 Tbsp. olive oil, optional



Instructions.

1. Place chickpeas, garlic, lemon juice, cumin, smoked paprika and reserved chickpea liquid in blender. Blend until very smooth, adding more liquid or lemon juice as needed to thin out to desired consistency. Season with salt and pepper and add 1-2 Tbsp. of olive to help achieve creamy texture, if desired. Enjoy!!

February is Heart Health Month



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, February 23rd.

Outreach Days

February 1 st & 11 th	Richfield Springs
9:45AM – 2:00PM*	
February 12 th	Cooperstown
9:30AM – 2:00PM*	
February 15 th *	Cherry Valley
9:30AM – 2:00PM	

*Last appointments are at 1:30pm

Closings

WIC will be closed on Monday, February 18th for President's Day

This month we hear all about Valentine's Day and love. It is also very important that we take care of our hearts. Taking care of our heart is important, after all. Where would we be without it? Here are some facts about heart health and how we can keep our hearts healthy.

Heart disease is a term used to refer to several types of heart conditions, the most common being coronary artery disease. Coronary artery disease is a condition that affects the blood flow to the heart. Decreased blood flow can cause a heart attack. There are things we can do to prevent heart disease.

Did you know that heart disease is the leading cause of death in both men and women? Every year in the U.S., 610,000 people die from heart disease. That means 1 in 4 deaths is due to heart disease. Heart disease can be linked to other factors and diseases. People with high blood pressure, high cholesterol and who smoke are more likely to suffer from heart disease. Lifestyle choices and those with certain medical conditions are also more at risk. Individuals who are diabetics, overweight or obese, following a poor diet, being physically inactive and drinking excessive alcohol are in this category.

Heart attack symptoms are different in both men and women. Men usually experience the classic signs, but not always. They may feel pressure or squeezing/pain in the center of their chest, pain that spreads to their shoulder, neck or arms and chest

discomfort with lightheadedness, sweating, nausea or shortness of breath. Women may experience classic symptoms, which is rare and milder when they do occur. They usually experience shortness of breath or difficulty breathing, nausea, vomiting or dizziness, back or jaw pain, unexplained anxiety, weakness or fatigue, palpitations, cold sweats or paleness and mild, flu-like symptoms. Heart attacks in men are often triggered by physical exertion and in women by emotional stress.

So, how can we prevent heart disease? First thing we can do is get a checkup. Our doctors are important in determining our risk. They will check our blood pressure, blood cholesterol and blood sugar and help us make a plan to prevent or treat heart disease before it begins or gets worse. The second thing we can do is manage our risk factors by quitting smoking if you smoke, becoming more active and following a healthy, well balanced diet. There is help out there to achieve this. If you need help with your nutrition, contact a registered dietitian. The NYS Smokers' Quitline offers help in quitting smoking. To get more active, try taking a daily walk. So, how will you start taking care of your heart this month?

Breastfeeding Peer Counselor Corner

Q: Should I still Breastfeed while I am sick?

A: Yes and YES!

It is a good idea for Mom to continue breastfeeding while she is sick. It is perfectly okay to breastfeed through common illnesses. Families need to rest from the exhaustion of being ill, and what better way to rest than with an infant at your side, calmly nursing? The hormone, oxytocin, produced through breastfeeding, calms both mother and baby. They can cuddle and rest easily. A family member can also just bring baby to mom when he needs to nurse.

Baby won't become ill from mom's breast milk. It contains antibodies to reduce the chances of illness. Anne Smith, IBCLC says, "Most illnesses are caused by viruses that are most contagious before you even realize you are sick. Your baby has already been exposed before you even develop symptoms."

Most over the counter medications are safe, but do check that any medication you want to take for your symptoms is compatible with breastfeeding. It is very important for moms to get plenty of fluids while ill. Breastfeeding while sick will help your milk supply remain stable. It is normal to experience a slight decrease in supply during or after an illness, but it should bounce back up along with energy and wellness.

If you are feeling unwell and would like to talk, give Alice, Ginny or Heather a call!

Zinc

Zinc is an essential micronutrient that many overlook but is necessary for everyday life. Zinc was determined to be an essential nutrient in 1963. It needs to be consumed daily, as our bodies can't store it. It is important for supporting the immune system and needed for a multitude of enzymes involved in regulatory and metabolic functions. It is vital for healthy growth and development before birth and through puberty. This important role makes it especially important for pregnant women and children.

Zinc is a powerful antioxidant that plays key roles in fighting infections, repairing the body and producing new, healthy cells. Zinc works in the immune system by activating T-cells or lymphocytes. These T-cells are important for mounting an immune response to resist disease and promote wound healing. Zinc also plays an important role in protein, DNA synthesis and cell division, which aids healing. Recent studies show that taking zinc at the onset or within 48 hours of symptoms of the common cold, helps reduce the duration and severity of the symptoms by up to 40%, when the daily dosage is at least 75 mg. Although promising, further evidence is needed to support this research and zinc remains questionable as a treatment for the common cold.

Some studies into zinc suggest that zinc and antioxidant vitamins may prevent or slow age-related macular degeneration by preventing cellular retina damage. Research remains on going into other benefits as well, specifically into evaluating its role in treating acne, ADHD, osteoporosis and helping to prevent pneumonia.

Now that we know how important it is, how much should we consume and how do we know if we are deficient? It is recommended that children up to 6 months old have 2mg a day, for those 7 months to 3 years of age 3mg a day,

children 4-8 get 5mg daily. Children 9-13 get 8mg, teenager boys up to age 18 get 11mg and teenage girls up to 18 get 9mg. Men over 19 continue to get 11mg a day while females should get 8mg a day.

Zinc is readily available in the diet and most deficiencies are due to malabsorption, chronic disease, sickle cell disease and poor intake. As zinc plays a role in immune function and growth, deficiency can impair immune function, wound healing, normal growth and appetite. Being in a deficient state can lead to increased oxidation that leads to increased DNA damage. Zinc deficiencies in children can lead to growth retardation, increased risk of infection, respiratory disease and diarrhea. The World Health Organization recommends zinc to help reduce childhood deaths due to diarrhea but is difficult to assess due to the lack of definitive biomarkers of zinc status.

Pregnant women and children are at the highest risk of becoming zinc deficient due to inadequate intake. It is estimated that 17% of the global population and 82% of pregnant women worldwide have an inadequate intake. Zinc in plant-based foods may have inhibited absorption due to phylates they contain, making vegetarian needs 50% higher. Zinc supplements may also interact negatively with some medications to inhibit absorption. Older Americans are also less likely to get the recommended amounts due to their loss of appetite, diabetics are susceptible due to increased urination associated with the disease and those with HIV are particularly susceptible.

If you are concerned you may deficient or may need supplementation, talk to your doctor.

Serving Size vs. Portion Size

Serving size and portion size are terms we hear regularly when talking about food. Some may think serving size and portion size are the same, however they are not. A serving size is a standardized amount of food, usually quantifying amounts of nutrients in said food and is depicted on a nutrition label of foods you purchase at the store. A portion size is what you choose to eat. You may choose to eat the recommended serving size or you may choose less or more than what is recommended. If you are unsure of what portion size you should be eating, there are easy ways to estimate portion sizes appropriate for you:

- A baseball or fist typically measures 1 cup. The appropriate portion size for raw or cooked vegetables, fruit or 100% juice is 1 cup.
- A tennis ball or scooped handful measures ½ cup and is an appropriate portion size of whole grains.
- A deck of cards or palm of the hand will measure about 3 oz. of protein like chicken, beef and other meats.

- Thumb size measures 1 tablespoon, which is the correct portion size for nut spreads like peanut butter
- The tip of the pointer finger to the first joint will measure 1 teaspoon, which you can use to measure out fats and oils.

Once you are finished eating a recommended portion size, it is important to be aware of what how you feel. Wait about 20 minutes after you finish eating to more accurately assess if you are still hungry. If you are still hungry, it is ok to eat. It is also ok if you feel full before you are finished with your plate but always be mindful of your body.

These portion sizes are recommended for adults. Children do not need the same portion sizes as adults as their stomachs are much smaller. Providing your child with portions about half of what is recommended for adults, will help your child to continue to grow and develop, as they should without the risks of childhood obesity and

other comorbidities that come with excess weight.

- Tips to help identify the recommended portions for a healthier lifestyle are;
- Read nutrition labels to identify the serving size.
 - Do not eat from a package. It is very easy to eat more than necessary when eating straight from a package so portion beforehand.
 - Try to use measuring cups to portion your food so you can start to get a visual of what appropriate portion sizes are.
 - Use smaller bowls and plates. It will make your portions appear larger which will help with your satiety.
 - When eating out, stick to ordering the portion you know you can eat without feeling overly full instead of ordering a larger portion to get more for your money.

Making these changes in your household will lead to healthier, lifelong habits in your child as well as an increase in overall health in your entire family.

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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.

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