

WIC Life – Winter -Spring 2022 Edition

Opportunities for Otsego, Inc. | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
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**WOMEN, INFANTS &
CHILDREN (WIC)**

Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 5:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are normally open on the 4th Saturday of the month from 8:30AM – 12:30PM. We will have Saturday appointments January 19th, February 19th and March 19th.

Outreach Days

Richfield Springs: January 7th and 18th, February 4th and 22nd, March 4th and 22nd
9:45AM – 2:00PM*

Cooperstown: January 11th, February 8th and March 8th from 9:30AM – 2:00PM*

Cherry Valley: January 21st, February 18th and March 18th from 9:45AM – 2:00PM*

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

Closings

WIC is planning opening for in person appointments in January, this may change. The agency will reopen for appointments only when we do. The agency will be closed Monday, 01.17.2022 in observance of Martin Luther King, Jr. Day, and Monday, 02.21.2022 for President's Day.

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

Did you know that you can use coupons and store discount cards with programs like WIC to lower your total bill or gain an extra item or two? Not only can you use these discounts but it is encouraged. Use your coupons, store discount cards and sale promotions to get the most out of your WIC benefits. For example, use your store discount card every time you shop for WIC items, any promotion offered with the discount card will benefit you. If a store is offering a "Buy One Get One Free" promotion on a WIC approved item, you will qualify to receive that extra item free with your WIC purchase. Just remember to present your store card, and/or coupon first when checking out, slide your eWIC card, then finish your WIC transaction at normal.



Move It to Lose It Diet and Physical Activity Tips Snow Safety and Tips for Playing outside

When playing outside in the snow the number one rule is if it does not seem safe then it probably is not safe. Trust your gut when you are out there. Also remember that the smaller the child is the faster they can lose body heat compared to an adult and the less likely they will be to "feel" cold. They will continue to want to play even when it is not safe for them to. These tips should help keep everyone safe when playing outside.

Bundle Up: Dress your child adequately. Children should be wearing at least 3 layers of clothes. Water resistant clothes are the best especially on the top layer. Always remember the key items of: hat, scarves, gloves, and snow boots.

Limit Playtime: The rule of thumb for children outside is 15-20 minutes. Take breaks inside for the same length of time. While inside a warm snack and drink will be great. Also check over your child for any signs of frostbite or excessive shivering.

Know When to Act: Frostbite typically occurs in the ears, nose, chin, fingers, and toes. Early signs include tingling and redness. Also, look for excessive shivering. Remember removing wet clothes immediately and warm the child up. Seek medical attention if you feel like something is not normal with your child after coming inside.

Keep Hydrated: Even though its colder outside, dehydration can still set in with excessive play. And wear sunscreen (yes, wear sunscreen) UV rays are weaker but still are able to damage the exposed skin.

The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.

What's Cookin'

Moroccan Chickpea Stew

Ingredients

- 2 tsp. olive oil
- 1 cup diced yellow onion (about 1 medium)
- 1 cup diced carrot (about 1 large)
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced
- 1 ½ cups cubed, peeled Yukon Gold Potato (about 1 large)
- 2 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. ground turmeric
- 1/8 tsp. salt
- 1 (28-oz.) can diced tomatoes, undrained
- 1 (15 ½ oz.) can of chickpeas, rinsed and drained
- 1 (14 oz.) can of vegetable broth
- 3 cups hot cooked brown rice
- ½ cup plain low-fat yogurt (if desired)

Directions

1. Heat olive oil in a large saucepan over medium high heat.
2. Add onion, carrot, garlic, and jalapeno to pan; sauté 6 minutes or until tender.
3. Stir in potato and next 7 ingredients (through broth). Bring to a boil.
4. Cover, reduce heat, and simmer 15 minutes or until potato is tender.
5. Serve over rice and top with yogurt (if desired).

Notes:

1. Can be served over whole wheat couscous instead of brown rice.
2. For milder heat, seed the jalapeno
3. Everything, except spices and vegetable broth, can be purchased with your WIC benefits, tomatoes can be used as part of your fruit and vegetable benefit in the small cans, so you'd need two Use your WIC2Go app. or visit the nyswicvendors.com website to find which ones!

Recipe from myrecipes.com

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

Is the winter weather making it difficult to get physical activity? Here are a few ideas for both physical games for children as well as quieter games for preschoolers indoors. Many of these simple games for preschoolers can be adjusted for older kids, too.

- Balance beam (made with painter's tape)
- Sorting – Sorting games make good color games for preschoolers.
- Bubbles
- I-Spy

Some less quieter games are:

- Musical chairs
- Indoor bowling
- Hide and seek
- Sock basketball (all you need for Sock basketball is a laundry basket and a few "snowballs" made out of pairs of socks. The children can take turns shooting to score.)
- Keep the Balloon Up

Have fun and enjoy!

Peer Counselors' Corner Words from Wise Women with Ginny and Diana

A common question asked by breastfeeding moms is:

Should I still Breastfeed while my baby is sick?

The answer is **YES!**

It is a good idea for mom to continue breastfeeding while baby is sick. It is perfectly okay to breastfeed through common illnesses. Families need to rest from the exhaustion of being ill, 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. There is less risk of severe illness to baby & family, as breastmilk contains immune protective antibodies.

It is very important for breastfeeding Moms to drink to thirst, when the family is battling sickness. Breastfeeding through illness will help your milk supply remain stable. If mom falls sick, it is normal to experience a slight decrease in supply during or after your illness but it should bounce back up along with your energy and wellness. Most over the counter medications are safe to take while breastfeeding. Check LactNet (a free online resource) or Infant Risk (a free telephone resource) if you are not sure.

Baby needs the comfort, hydration and nutrition of physical closeness and mom's milk when he is sick. In addition to the benefits of the milk itself, snuggling close with loving family has great benefits. Temperature, respiration, circulatory systems and blood sugar can all be helped to regulate when doing skin-to-skin cuddling. The act of breastfeeding itself can help clear stuffy noses, ears, and throats. Older babies may stop consuming other foods and beverages completely when they are sick, and will thrive on frequent breastfeeding.

Breastfeeding moms and moms to be have many breastfeeding questions, we can help! Please reach out to us with any questions or concerns, we would love to hear from you!

Inside Scoop: WIC News You Can Use

WIC News and Program Updates

Q. What if I can't download the WIC2go app?

A. Try the <https://www.wicconnect.com>. You can create an account and access your benefit information over this secure website. Or, during our business hours, you can call the WIC office and we can tell you when your benefits start, when they end, and what you have left to use before they end.

Q. If I lose my eWIC card, do I have to come in to pick up a new one?

A. If we have the name of the person you named as caretaker or proxy in our database, that person can come in to pick up a new eWIC card. Currently with the COVID Pandemic we are allowed to mail them, you can still come pick it up if you prefer!

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.

The Best Winter Foods for Kids

Winter is here and with it comes dropping temperatures and energy levels. The days grow shorter, there is less daylight and the chances of getting the winter blues, or Seasonal Affective Disorder come with it. Kids tend to be less active during the winter and it is important they get adequate nutrition this time of year. There are some foods out there that are better for this, especially during the winter.

While many people aren't fans of fish, Salmon is a great source of nutrition. Salmon is known for being a great source of omega-3 fatty acids, which is great for managing depression. It also contains the amino acids glutamine, tyrosine and tryptophan, the building block of protein in salmon that also contribute to mood regulation. More research is needed into its effects on mental health, emerging evidence links fish consumption with lower risk of depression, plus omega-3 is great for brain health.

Clementine's are another great winter food for kids. They are cute, compact and easy for them to peel. Clementine's are loaded with vitamin C, which is great for keeping the immune system strong. They are also good sources of calcium, potassium and fiber. Calcium is important for bone growth and development, potassium for maintain fluid balance and for muscle contraction and fiber helps keep the digestive system healthy, Clementine's are a small way to help keep kids healthy, while being fun for them to peel and eat.

Winter squash are great winter vegetables. They are rich in vitamin C and carotenoids, which have been shown to have immunity and heart health benefits. They are a natural source of fiber which helps keep blood sugar levels stable. Most varieties are naturally sweet and there are so many ways to prepare them, what kid doesn't like sweet?

Sweet potatoes are another great winter vegetable that is full of fiber and packed with vitamin C and potassium. They are a great source of antioxidants, beta carotene and Vitamin B6 as well. Beta carotene or Vitamin A is great for vision health and works to strengthen immunity. B6 is an essential coenzyme important for cognitive development. Sweet potatoes are nutritionally dense and a naturally sweet food that can be prepared a number of ways.

Cauliflower is a vegetable that has been around and has until only recently started to become more popular as a rice substitute. It is noted for being high in phytochemicals which have the potential to help reduce cancer and inflammation. It is a great source of folate, fiber, and Vitamins C and K. Folate is a B vitamin important for growth and development, fiber promotes stable energy levels and vitamins C and K are important for a healthy immune system and healthy bones. Cauliflower blends well with other flavors, even though great on its own, and is delicious roasted.

Keeping kids healthy can be a challenge, especially in the winter when they are less active and there is less available. Give some of these foods a try and let us know how you make out!

Info courtesy of eatright.org

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