

WIC Life - August

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
Find us on Facebook at www.facebook.com/ofoinc



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. Due to COVID we are not offering any Saturday or late evening appointments.

Outreach Days

We are currently not traveling to any sites, we normally are at sites 4 times a month and travel to Richfield Springs, Cooperstown and Cherry Valley. Sites are closed due to the COVID Pandemic and until further notice.

Closings

WIC will be closed for in person appointments and is doing remote appointments only!

Contact Us:

Phone: 607.433.8071 or 607.433.8000
Fax: 607.433.8066
Email: wic@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 eWIC Troubleshooting Tips

Have you ever been standing at the cashier register with a balance due after using your eWIC card? Realized that the juice or bread you were going to purchase was the wrong item? Here are some helpful tips for what to do if this happens:

- If you can continue the transaction and pay for the non-WIC item do so. You can keep the extra item you purchased or you can go to customer service and return the non-WIC item and get a refund of your money back.
- If you do not have the funds to purchase the item, ask the cashier to cancel the transaction. You might not be able to use your eWIC card immediately after doing this. Be prepared to have to wait a few minutes/hours for voided benefits to load back to your eWIC card. If benefits that were supposed to be voided do not appear back on your eWIC card within a day or so, please contact the WIC office.



Move It to Lose It Diet and Physical Activity Tips

Every new mom wants to lose that baby weight **FAST!** Let's explore that a little. You've just produced a human being. Give yourself a break and wait about 6 weeks before you start any type of strenuous physical activity or serious dieting, and only then, with your doctor's OK. Your body needs time to recover and you need time to get to know your new little person.

You can ease back into physical activity with the simplest exercise possible, walking, and in nice weather, take new baby along. Start out at a slower, comfortable pace and work toward a brisk 30-minute walk five times a week. Over the week, you will have achieved the 150 minutes of moderate intensity activity recommended by the Office of Women's Health at the Center for Disease Control. Regular physical activity will help you sleep better (if baby allows), improve depression, lower blood pressure and cholesterol, and lower your risk of breast cancer, diabetes, colon cancer, and more. Physical activity and breastfeeding will help get you back into your skinny jeans faster too!

What's Cookin'

It's Farmer's Market season, here's a great way to use some of your fresh vegetables!

Farmer's Market Salsa (serves 8)

Ingredients:

1/2 cup corn (fresh cooked or frozen)
1 can black beans (15 ounce, drained and rinsed)
1 cup tomatoes (fresh diced)
1/2 cup onion (yellow or red) (diced)
1/2 cup green pepper (diced)
2 tablespoons lime juice
2 garlic clove (finely chopped)
1/2 cup picante sauce

Directions:

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips* or fresh vegetables.

Notes

This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.

*You can make your own tortilla chips too by getting your WIC whole wheat tortillas, spraying them with cooking spray and baking them at 350 until crispy!

Safety Tip: If cutting the corn off the cob, adult supervision is a good idea.

Source:
Kansas Family Nutrition Program, Kids a Cookin'



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!

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

Find story hours for toddlers, 3-D printers, family movie nights, and more at your local library. Go to Facebook for your local library's page and check out their upcoming events. Libraries are free to join and most activities are free or low cost even if you are not a member!

Harris Memorial Library (Otego); Unadilla Public Library; Richfield Springs Public Library; Springfield Library; Village Library of Cooperstown; Morris Library; Huntington Library in Oneonta

Today's libraries offer much more than rows and rows of books!



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

What if my mature milk is slow to come in?

What if my baby is "big" at birth?

What if my baby is born early?

What if I had a surgical delivery?

What if it hurts?

What if my mother wants to give the baby a bottle?

What if I am tired?

What if...

If you are worried, or struggling, reach out. There are many people who are happy to help you.

- WIC office staff
- WIC breastfeeding peer counselors
- La Leche League
- Nourishing Families
- Pediatric or Women's Health staff
- Hospital or Birthing Center staff
- and many others

You can do this. We can help!



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.

Happy World Breastfeeding Week 2021 by Heather

World Breastfeeding Week runs the first week in August and aims to promote, protect, support and celebrate Breastfeeding. This year WABA, the World Alliance for Breastfeeding Action is focusing on protecting breastfeeding and emphasizing it is a shared responsibility. Opportunities for Otsego (OFO) promotes, supports and protects breastfeeding through its various programs. WIC, Building Healthy Families and Early Head start have staff trained in breastfeeding and continuously support and promote Breastfeeding in our community. These programs offer training and education on how to successfully support and educate pregnant and breastfeeding Moms.

Breastfeed staff at OFO know there are many conflicting ideas and views around breastfeeding and works with the WABA community, that aim to normalize and destigmatize breastfeeding through education. This year's message revolves around it being a shared responsibility, not only among family who support Mom but also in the community in which they live and work. This message is about how we as a community can support and protect Breastfeeding with educating others about its importance. According to the WABA website, breastfeeding is one of the best investments for saving lives and improving the health, social and economic development of individuals and nations. Breastfeeding significantly improves the health, survival and wellbeing of children and infants. Nutrients and antibodies are passed from mother to child, improving their immunity and Mother's milk is especially tailored to meet their child's nutritional need. Mother's and cultures throughout the world have normalized breastfeeding and it has become natural. They have support systems in place making breastfeeding easier. A key message of protecting breastfeeding in the community is ensuring there is access to skilled breastfeeding counseling and support from the community, health facilities, and the workplace for all parents and their children. This shared responsibility to protect, support and promote breastfeeding is vital to achieve development. The COVID pandemic made breastfeeding protection and support even more important as more people were self-isolating and restrictions remain in place. Having support with their families, doctors and community enables breastfeeding Moms to be more successful. Early Head Start/Head Start and Building Healthy Families have both used virtual visits with their families and WIC has its Peer Counselor Program and a designated Breastfeeding Expert to support breastfeeding Moms anyway they are comfortable, be it in person, over the phone or virtually.

We at WIC strive to support, protect and promote breastfeeding in our community by working with other organizations to make it successful one step and one client at a time. We acknowledge the challenges, celebrate the successes and aim to empower and educate those Moms who choose the breastfeeding journey. If you have any questions about breastfeeding, please reach out to us at the WIC office at 607.433.8071 or you can visit breastfeedingpartners.org, the NYS WIC Breastfeeding Website.



USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
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.

This institution is an equal opportunity provider.