

## WICBIZ

July, August, Sept.

2011



**Clinton County WIC Main Office:**  
**565-4830 Adirondack Breastfeeding**  
**Counselors: 565-4835 Office hours:**  
**1st & 3rd week 8:00-4:30 M-F; 2nd**  
**& 4th 8:30-4:30 M-F Lunch time,**  
**early, and late appointments**  
**available**

### GOODBYE PYRAMID, HELLO PLATE!

The USDA has announced the new Dietary Guidelines and the new icon My Plate.

The new Dietary Guidelines place a strong emphasis on reducing calories and increasing physical activity. More than one-third of children and two-thirds of adults in the United States are overweight or obese.

The new Dietary Guidelines offer the following tips to help Americans make eating healthier an everyday thing.

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat(1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



Resource: USDA

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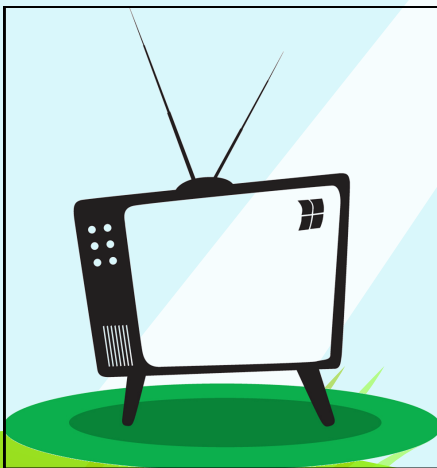
## Breastfeeding: A Natural Part Of Mother-

**One of the most universal and natural parts of motherhood is the ability to give the gift of breastfeeding to our babies. Breastfeeding helps mom and baby bond, and it is very important to moms' and infants' health.**

**For much of the last century, America's moms were given poor advice and were discouraged from breastfeeding. In recent years, moms, their families and health providers have realized the importance of breastfeeding and the desire of moms to breastfeed has increased. Three-fourths of all newborns in America start their lives breastfeeding and breastfeeding is now the "normal" way most moms feed their babies.**

**The decision about how to feed a baby is a personal one. Every mom should be provided with information, guidance and support from family, friends, health providers and the community where she lives. The Surgeon General's *Call to Action* describes steps people can take to help support breastfeeding moms and babies and will improve the quality of health care that moms and babies receive, and improve the support that families receive in employment and community settings.**

A message from Kathleen Sebelius, Secretary US Dept. Health and Human Services.



### Screen Time

**Time spent watching television, on computers and playing video games is one reason for the increased level of inactivity. It has also been tied to the increasing levels of overweight and obesity in the United States. Limit screen time to 2 hours or less. Stand up and stretch or dance during commercials.**

Resource: NYS WIC

Wearing sunglasses helps protect your eyes from UV rays.



## Outdoor Physical Activities

1. Walk, jog, or run in the park or in a safe area.
2. Ride your bike around the neighborhood.
3. Swim with friends.
4. Fly a kite.
5. Enjoy a game of basketball or soccer with the kids.

Resource: Nutrition News

## Quick Tips To Safe Activity In Summer

- Plan activities in the cooler part of the day, morning or right before dark.
- Stay sun safe: Try to exercise in shaded areas, wear sunglasses, a hat, and sun screen.
- Start slowly and increase your activity level over time.
- Choose the right clothes: Wear lightweight, light-colored comfortable clothes.
- Stay hydrated: Drink plenty of water, before, during and after activity.
- Stay safe: If you feel thirsty, tired, confused, dizzy, weak, have a racing heartbeat or trouble seeing, stop your exercise immediately, go to a cool place to rest and drink water. Visit the doctor if symptoms don't improve.

Resource: Nutrition News

The WIC guidelines have changed. If you receive medicaid, food stamps, or TANF you already qualify for WIC. We can no longer use free or reduced lunches as proof of income. The WIC staff will tell you when you are due to recertify and remind you what you will need to bring with you.

# RECIPES

## \*WIC FOODS

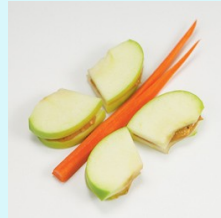


### Peanut Butter-Fly

Peanut Butter\*

Apples\*

Carrots\*



Wash and slice apples . Make peanut butter sandwiches with the apple slices. Clean and slice carrots lengthwise.

Arrange as shown.

Resource: Family Fun

### Frosted Watermelon

1 seedless watermelon, cut into 1/2 inch slices\*

1 6 ounce yogurt (any flavor)

Granola or fruit (blueberries/strawberries)\*

Using a cookie cutter, cut out shapes from the watermelon. Frost with yogurt and top with granola or fruit.

Resource: watermelon.org

### Little Chef's Recipe

Oscar's Quick Dip In The Mud

1 cup semi-sweet chocolate

2T fat free milk\*

2 Bananas\*

4 pop sticks

Little Chef: With the help of Big Chef, peel bananas and cut in half. Insert a pop stick into the cut end of each banana half. Place bananas on a wax paper covered baking sheet and freeze until bananas are frozen through (about 2 hours).

Little Chef: Mix chocolate chips and milk together in a sauce pan.

Big Chef: Cook over medium heat, stirring occasionally until chocolate melts. Divide into four small bowls.

Little Chef: Dip frozen banana into the chocolate fondue.

Resource: C is for Cooking

