

# WIC BIZ

**JUNE, JULY & AUGUST 2008**

**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**

**Lunch time, early, and late appointments available**

**[www.clintonhealth.org](http://www.clintonhealth.org)**

## **LIQUID CANDY**



Have you ever thought about soft drinks as liquid candy? Soft drinks, such as soda, sweetened teas, sports drinks, flavored water, punch, and other “fruit” drinks are the main source of sugar in the diets of Americans and something that should be used only for special occasions, if at all.

The sugar in soda offers needless calories and may cause us to eat more solid foods, which may lead to being overweight or obese. For many children, soda may replace the amount of milk they drink. Milk is a great source of calcium which is needed to have strong bones and teeth. The sugar in soft drinks may also increase your child’s chances of developing tooth decay, especially if your child drinks from a bottle or a non-spill cup.



In a 20 ounce soda, there is 1/3 cup sugar. Would you eat a 1/3 cup of sugar, or give your child a 1/3 cup of sugar for lunch? Drink plain water, low fat milk, or 100% juice and save the soft drinks for special occasions.

## Night Waking: Will I Ever Get A Good Night's Sleep Again?

The answer is “no”. Once you become a mother you will never, ever sleep the way you did before you had your baby. When the baby starts sleeping through the night, which will happen eventually, you will always have your mom radar on and will be listening for a cry in the night.

What does sleeping through the night mean?

One definition is a five hour stretch. Another is eight to twelve hours. It varies with every infant and even the experts can't agree.

What is a “normal” sleep pattern for an infant? The answer is, there is none.

Breastfed babies may wake to feed more often than formula fed babies because breastmilk is easier to digest than formula, therefore the baby needs to eat more often.

Babies have shorter sleep cycles than adults and twice as many periods of active or light sleep.

A baby has no concept of day or night. As an adult, we have been conditioned to stay awake during the day and sleep at night.

What can parents do to cope with their newborn's sleep pattern?

Keeping the baby close to you can help. The baby can sleep in a crib in your room or a cradle next to your bed. If the baby is in the same room, you will be able to hear him when he first starts to wake and feed him right away and not have to calm him down before he eats. Each of you will have more restful sleep.



Resource: [breastfeedingbasics.com](http://breastfeedingbasics.com)





## DRINKING WATER CAN HURT BABIES UNDER 6 MONTHS

Physicians at Johns Hopkins Children's Center in Baltimore remind parents that babies younger than six months should never be given water to drink. Consuming too much water can put babies at risk of a potentially life-threatening condition known as water intoxication.

Because babies' kidneys aren't yet mature, giving them too much water causes their bodies to release sodium along with excess water. Losing sodium can affect brain activity, so early symptoms of water intoxication can include irritability, drowsiness and other mental changes. Other symptoms include low body temperature, puffiness or swelling in the face, and seizures.

Dr. Jennifer Anders, a pediatric emergency physician, said water as a beverage should be completely off limits to babies six months old and younger and parents should avoid using over diluted formula or pediatric drinks containing electrolytes. Parents should always check with their pediatrician before giving either of these beverages.

Resource: msnb.com Reuters



## BACK TO SCHOOL LUNCHESES

Back to school is a busy time, picking out the right outfits and shoes, not to mention the school supplies! But what about lunches? Your best bet is buy school meals. You may even be eligible for free or reduced meals. If you choose to pack their lunches, you want to provide nutritious lunches to keep your children well fueled for the day. Here are a few tips for packing those nutritious lunches:

**Variety!** We all know the old saying that "variety is the spice of life". The same holds true for meals. To prevent boredom with their lunches, offer a variety of fruits and vegetables, snacks, along with breads and fillings.

**Think outside the bread box!** Send a small thermos with soup, chili, or last night's leftover casserole. If your child wants a sandwich, try using a tortilla, pita or small bagel.

**Lunch Math!** Ugh, maybe not your best subject in school, but think of your child's lunch as a math problem: dairy + fruit + veggie + grain + protein = lunch. For example:

Dairy : milk, cheese, or yogurt

Fruit: apple, orange, banana or fruit cup.

Veggie: carrot, celery sticks, cucumber, tomatoes, or green pepper slices. Grain & protein: bread, tortilla, pita with turkey or tuna. Leftover spaghetti with meat sauce.

**Remember: Packing in a clean thermal box with a cold pack keeps food safe to eat.**

By Cheryl Reed, Student Intern

## BALSAMIC GREEN BEAN SALAD

- 1 pound fresh green beans, trimmed\*
- 2 T chopped green onion\*
- 2 T chopped garlic\*
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil



1. Place green beans in a large saucepan. Fill with enough water to cover green beans, and bring to a boil over high heat. Reduce heat to medium low, and simmer 10 minutes. Drain and let cool.
2. In a bowl, stir together green onions, garlic, balsamic vinegar, and oil. Pour over green beans. Cover and refrigerate at least 1 hour. Serve cold.

Resource: All recipes.com

## CHEESY SUMMER PASTA

- 1/2 pound whole grain fettuccine or linguine
  - 2 medium zucchini, cut in narrow strips\*
  - 3 garlic cloves, minced\*
  - 2 cups shredded cheese (any you like)\*
  - 4 cups tomatoes, coarsely chopped\*
  - 1/2 cup chopped parsley\*
  - 1/2 t dried basil
1. Cook pasta, adding zucchini during last 2 minutes of cooking. Drain and return to pan.
  2. Add tomatoes, garlic, parsley and basil to pasta.
  3. Add 1 1/2 cup cheese and mix until melted.
  4. Top with remaining cheese. Serve

Resource: Kraft Magazine



## TUNA SALAD

- 7 oz box whole grain pasta shells
  - 1 small can tuna in water
  - 1 15 ounce can peas\*
  - 1/2 cup onion, chopped\*
  - Mayonnaise
1. Drain tuna. Drain and rinse peas.
  2. Cook pasta and drain.
  3. Place warm pasta in bowl and mix in onions and mayonnaise to taste. Stir well.
  4. Stir in peas and tuna, mix well. Refrigerate immediately. Serve cold.

Resource: Cooks.com

