



WIC BIZ

January, February, March 2010

Clinton County WIC Main Office: 565-4830

Adirondack Breastfeeding Counselors: 565-4835

Office hours: 1st & 3rd week /month 8:00-4:30 M-F;

2nd & 4th week/month 8:30-4:30

Lunch time, early, and late appointments available

www.clintonhealth.org



GET FIT IN 2010

If you want your kids to be active, be active yourself. To keep kids interested in fitness, make it fun. Dr. Laskowski, from the Mayo Clinic, says, "Incorporating physical activity into your children's lives does much more than promote a healthy weight. It sets the foundation for a lifetime of fitness and good health."

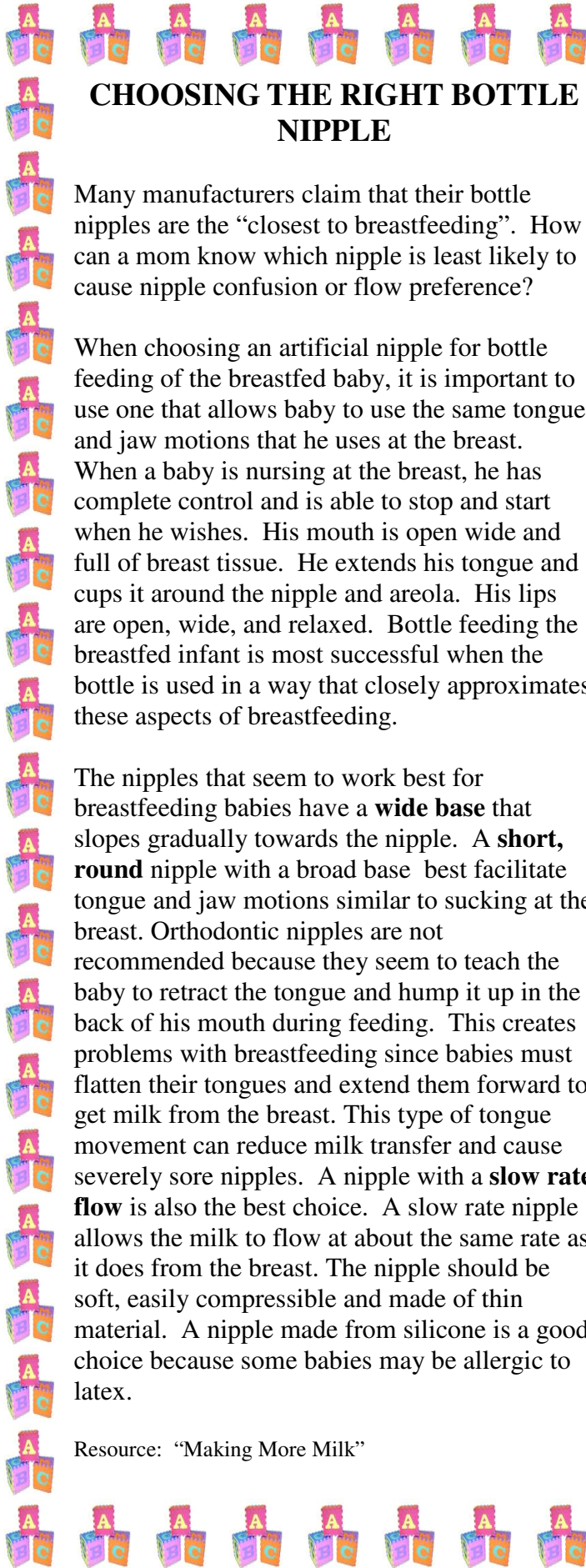
GET IN THE GAME. Play catch, get the whole family involved in a game of tag or have a jump-rope contest. Try classic movement games such as Simon says or red light, green light. If you don't remember the rules, make up your own!

TRY AN ACTIVITY PARTY. For your child's next birthday, schedule a bowling party, take the kids to a climbing wall or set up relay races in the backyard.

PUT YOUR KIDS IN CHARGE. Let each child take a turn choosing the activity of the day or week. Batting cages, bowling and neighborhood play areas all count. What matters is that you're doing something active.

GIVE THE GIFT OF ACTIVITY. Make gifts and rewards things like activity-related equipment, games or outings.

Resource: Mayo Clinic



CHOOSING THE RIGHT BOTTLE NIPPLE

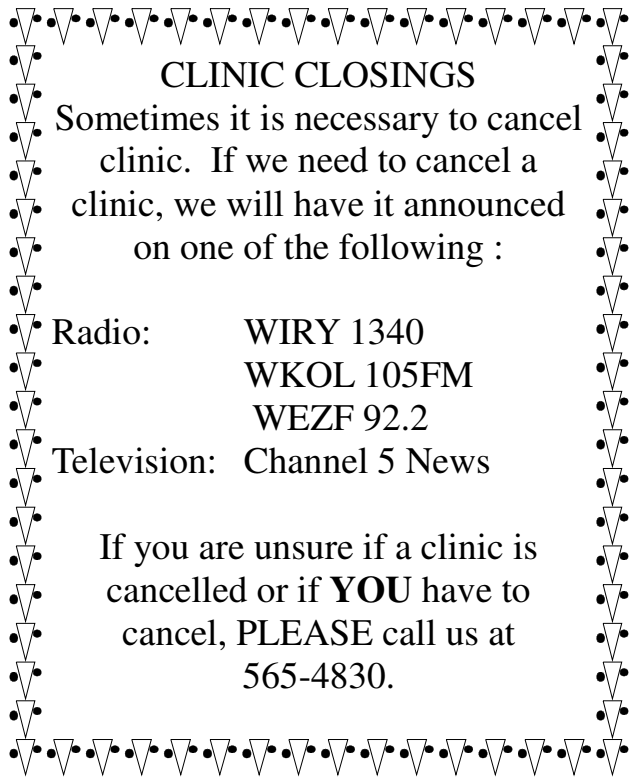
Many manufacturers claim that their bottle nipples are the “closest to breastfeeding”. How can a mom know which nipple is least likely to cause nipple confusion or flow preference?

When choosing an artificial nipple for bottle feeding of the breastfed baby, it is important to use one that allows baby to use the same tongue and jaw motions that he uses at the breast.

When a baby is nursing at the breast, he has complete control and is able to stop and start when he wishes. His mouth is open wide and full of breast tissue. He extends his tongue and cups it around the nipple and areola. His lips are open, wide, and relaxed. Bottle feeding the breastfed infant is most successful when the bottle is used in a way that closely approximates these aspects of breastfeeding.

The nipples that seem to work best for breastfeeding babies have a **wide base** that slopes gradually towards the nipple. A **short, round** nipple with a broad base best facilitate tongue and jaw motions similar to sucking at the breast. Orthodontic nipples are not recommended because they seem to teach the baby to retract the tongue and hump it up in the back of his mouth during feeding. This creates problems with breastfeeding since babies must flatten their tongues and extend them forward to get milk from the breast. This type of tongue movement can reduce milk transfer and cause severely sore nipples. A nipple with a **slow rate flow** is also the best choice. A slow rate nipple allows the milk to flow at about the same rate as it does from the breast. The nipple should be soft, easily compressible and made of thin material. A nipple made from silicone is a good choice because some babies may be allergic to latex.

Resource: “Making More Milk”



CLINIC CLOSINGS

Sometimes it is necessary to cancel clinic. If we need to cancel a clinic, we will have it announced on one of the following :

Radio: WIRY 1340
WKOL 105FM
WEZF 92.2


Television: Channel 5 News

If you are unsure if a clinic is cancelled or if **YOU** have to cancel, **PLEASE** call us at 565-4830.


How Much Physical Activity Do Adults Need?

Physical activity is anything that gets your body moving. To improve your health, it is suggested that you get two types of physical activity each week; aerobic and muscle-strengthening.


Adults need at least:

 2 hours and 30 minutes of moderate-intensity aerobic activity (ie., brisk walking) every week


OR

 1 hour and 15 minutes of vigorous-intensity aerobic activity (ie., jogging) every week

OR

 An equivalent mix of moderate and vigorous-intensity aerobic activity

AND

 Muscle-strengthening activities on 2 or more days a week that work all major muscle groups.

Resource: CDC

**Come Enjoy a NEW WIC Appointment!
PARENTING PROS**

We know you have a lot to offer. A Parenting Pro session allows moms, dads, and caretakers to share ideas, experiences and success around a topic of their choice. Topics already suggested by participants like you include, The New WIC Food Package, Family Friendly Physical Activity, Favorite Recipes, Slim and Fit Grocery Bill and more!

ASK US FOR MORE INFORMATION

SUPER FOODS A TO Z



Almond: good source of fiber and protein

Noodle (whole grain): good source of fiber

Blueberry: good for your memory

Orange: good for your immune system

Cinnamon: prevents swelling

Papaya: good for your eyes

Dates: helps prevent cancer

Quinoa: good source of plant protein

Eggplant: helps prevent cancer

Rutabaga: good for your eyes

Fennel: helps prevent cancer

Spinach: good for your whole body



Guava: good for your immune system

Tomato: good for your heart

Horseradish: good for your hearing

Ugli Fruit: good for your immune system

Idaho Potato: good for your heart

Vanilla Bean: soothes your stomach

Jicama: good for your heart

Watermelon: helps prevent cancer

Kale: helps prevent cancer

Ximenia: good for your immune system

Lentil: good source of fiber

Yams: good for your eyes

Mushroom: good for your bones

Zucchini: good source of fiber



Resource: www.superkisinutrition.com

Little Chef's Recipe

Have some fun with your little one! Prepare and enjoy this recipe together!

GROVER'S EGG AND SAUSAGE STRATA

A strata is a casserole. A breakfast strata is one that you assemble the night before serving. The next morning you can just pop it in the oven for a fuss-free breakfast!

1 tsp vegetable oil
6 slices bread*
1 1/2 cup cheese, shredded*
6 eggs*
2 cups non-fat or low fat milk*
8 ounces turkey sausage
1 tsp mustard (optional)



Big Chef: Spray an 11X7 inch baking dish with cooking spray. Heat vegetable oil in a large skillet. Add turkey sausage and cook until completely.

Little Chef: Line the baking dish with overlapping slices of bread.

Big Chef: Spoon the sausage on top of the bread.

Little Chef: Sprinkle cheese over the bread and sausage. With the help of big chef, crack eggs into a large bowl. Using a fork stir together the eggs and milk.(add mustard, if desired) Pour over bread mixture.

Big Chef: Cover and refrigerate overnight or at least 4 hours. Bake at 325 degrees for 45minutes. Let stand 15 minutes before serving.

Serves 6. **TIP:** Try substituting an equal amount of cubed ham, crumbled bacon, sliced chicken-apple sausage, or ordinary pork breakfast sausage for the turkey sausage. Add leftover vegetables like cooked tomatoes, zucchini, or sweet peppers.

Resource: C is for Cooking Recipes From The Street

PASTA FAGIOLI SOUP

(This is a crock pot recipe)



1 large zucchini*
2 garlic cloves, minced*
1 Tbl olive oil
2 (14 oz) cans beef broth
1 (16 oz) can great northern beans (drained and rinsed)*
1 (14 1/2 oz) can crushed tomatoes*

1/2 tsp dried basil
1/2 tsp dried oregano
1/2 cup small shell pasta*
1/2 cup grated cheese*
(may add one pound of ground beef or ground turkey)

1. Wash and mince zucchini (leave skin on). Heat olive oil in a skillet over medium heat. Add minced garlic, then zucchini. Cook, stirring occasionally, until zucchini is golden (less than 5 minutes). Remove from heat and set aside. (If using ground meat, brown in same pan)
2. Place broth, beans, tomatoes, basil and oregano in crock pot. Add cooked zucchini (and meat). Cover and cook on low 3 to 5 hours.
3. Cook pasta in boiling water according to package directions. Serve soup with a spoonful of pasta and top with cheese. Makes 4 servings

Resource: recipezaar.com