



Stork Report

Onondaga County Health Department WIC Program Newsletter Fall 2017

Pregnancy Facts: Smoking & Pregnancy



Pregnancy is a great time for you to quit smoking. Quitting smoking lowers the risk of your baby being born early, having birth defects, or having a low birth weight. Smoking during pregnancy has harmful effects for you and your unborn baby. Smoking also affects people living with you. They are exposed to secondhand and thirdhand smoke.



Great News!

Coming Fall 2018. WIC will be switching from paper checks to payment (EBT) cards.

What is secondhand smoke?

Secondhand smoke is smoke you breathe in from someone else's cigarette.

What is thirdhand smoke?

Thirdhand smoke is what is left behind from cigarette smoke on your clothes, furniture, carpet, walls and hair.

Quit smoking for you and your baby

We know that it is hard to stop smoking, but you can do it! Here are some tips:

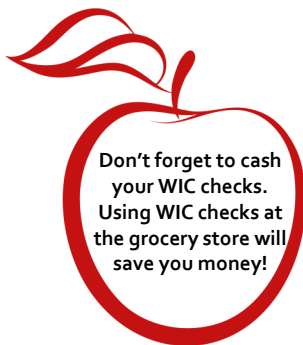
- Set your quit date.
- Write down your reasons for stopping smoking.
- Decide how you are going to stop smoking.
- Keep your hands and mouth busy.
- Throw out your cigarettes, lighters, and ashtrays.
- Get a friend to help you stop smoking.



Don't feel bad if you can't quit right away. Keep trying! You are doing what's best for you and your baby. For more information about quitting smoking call the New York State Smokers' Quitline at 1-866-NY-Quits (1-866-697-8487) or online at www.nysmokefree.com.



Visit us at
facebook.com/OnondagaWIC



Don't forget to cash your WIC checks. Using WIC checks at the grocery store will save you money!

Call WIC if you cannot make your WIC appointment

Please call our office at 315.435.3304 if your phone number or address changes

WIC Clinic and Office will be closed :

Friday, November 10th
Veteran's Day

Thursday November 23rd & Friday November 24th
Thanksgiving

Monday, December 25th
Christmas

Monday, January 1, 2018
New Year's Day

Don't forget to use your Farmers Market Checks by November 30th!



Here's What's Cooking

Black Bean & Vegetable Quesadillas

Ingredients:

- ½ (15.5-ounce) can black beans, no salt added*
- 2 medium zucchini* (rinse and slice thin or shred)
- 1 bunch fresh spinach (about 4 cups)* (rinse and chop)
- 1 ear fresh corn or 1 cup canned corn* (cut from cob if fresh or drain if using canned)
- 4 ounces low-fat cheddar cheese* (grated)
- 1 Tablespoon oil
- 1-2 teaspoons water
- ½ teaspoons pepper
- 6 (8-inch) whole wheat tortillas*
- Non-stick cooking spray
- Optional ingredients
- 3 Tablespoons fresh parsley or cilantro*
- Pinch ground cayenne pepper
- *WIC foods

Instructions:

1. In a large skillet over medium-high heat, heat the oil. Add zucchini and **cayenne** pepper. Cook until zucchini is semi-soft, about 5 minutes.
2. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more, remove from heat.
3. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1-2 teaspoons of water to make a bean-and-veggie paste.
4. Season mixture with black paper. If using parsley or cilantro, add now. Transfer mixture to medium bowl.
5. Spread veggie mixture evenly on half of each tortilla. Top with cheese. Fold tortillas over. Press lightly with spatula to flatten.
6. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of the tortilla are golden brown. Repeat until all of the quesadillas are cooked.
7. Cut each quesadilla into 2 wedges. Serve while warm.

Note: If you like, top each quesadilla with low-fat plain yogurt or salsa.

Source: Cooking Matters at the Store



*Dear Wilma WIC,
I have heard about Folic Acid and I know that it is important for me somehow now that I am expecting. Can you please explain more about that?*

Signed Folate Folly

Dear Folly,

- You are correct! Folic Acid is important for you.
- Folic Acid is found in supplements and fortified foods such as breads, pastas, rices, cereals, dried beans, leafy green vegetables, and orange juice.
- It is recommended that women of childbearing age take 400 mcg every day.
- During pregnancy, this vitamin helps the neural tube of the baby properly develop.
- When taken in the right amount every day at least one month before and then during pregnancy, folic acid can prevent birth defects of the brain and spinal cord.
- Eating a diet full of healthy foods rich in Folate, fortified foods and also taking your prescribed supplements, such as your prenatal vitamin will help to reduce the risk for a neural tube defect pregnancy.



Signed, Wilma WIC

Breastfeeding Corner

5 Tips for Breastfeeding During the Holidays

Tip 1: Don't Forget to nurse the baby

Nursing often will keep your baby healthy and will help you establish a good milk supply.

Tip 2: Eat well

Try to choose healthy meals and snacks as much as possible...and drink plenty of water!

Tip 3: Get plenty of rest

Be sure you are getting enough sleep. Nap when the baby naps.

Tip 4: Plan your trips

Plan short trips around baby's naptime and think of places you can nurse comfortably. For longer trips allow yourself plenty of time to get there and take plenty of nursing breaks.

Tip 5: Enjoy the season

Enjoy this time with your baby and family, and enjoy yourself! If some things do not get done, it is OK.

If you have questions about breastfeeding, you can talk to your WIC nutritionist or ask for a peer counselor. You can also get information at www.breastfeedingpartners.org.

Babies were born to breastfeed. Always have been. Always will be.

