

W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **Following the Dietary Guidelines for Good Health**

Nutrition plays a key role in the quality of our lives from start to finish. The United States Department of Agriculture (USDA) develops Dietary Guidelines to give nutrition guidance to Americans to promote healthy lifestyles and healthy eating habits. Having good eating habits and being active will help to decrease the risk for chronic disease as we get older.

The Dietary Guidelines for Americans describe a healthy diet as one that:

- Balances calories – enjoy the foods that you eat, but avoid oversized portions and don't overeat
- Fill half your plate with fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk
- Drink water instead of sugary drinks

Jan-March 2014 Inside this issue:

<i>Nutrition Spotlight, cont.</i>	2
<i>Quick Veggies</i>	2
<i>WIC News</i>	3
<i>Fast and Easy Eggs</i>	3
<i>What's Cooking: Winter Fruit Crisp</i>	4

Nutrition Tidbit:

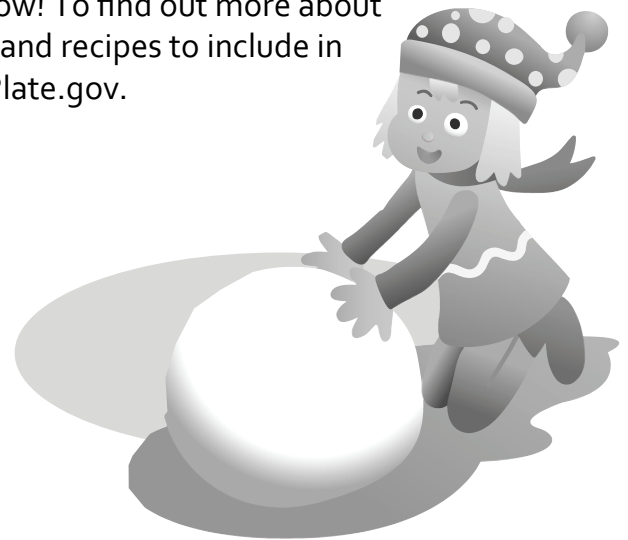
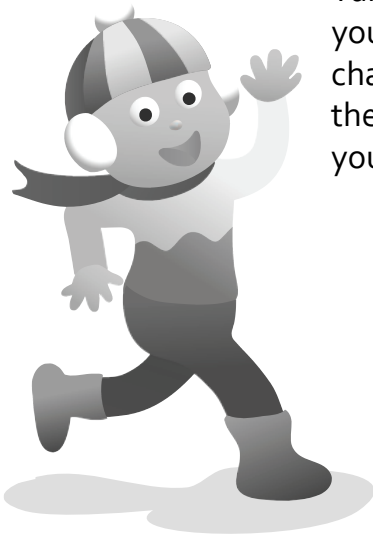
Parents and caregivers serve as role models for children and for providing healthy foods and opportunities to be active.



It is important to make healthy choices as a family. Parents and caregivers serve as role models for children and for providing healthy foods and opportunities to be active. Parents also influence the development of life long eating habits in children. Parents can help by:

- offering a variety of foods
- ensuring age appropriate portion sizes
- making mealtime family time
- leading by example
- cooking at home
- becoming an active family
- limiting screen time (TV, computers, video games) to less than 2 hours per day.

Taking small steps as a family will help promote good health for not only your child, but for yourself. Your WIC Nutritionist can help you make the change today for a healthier tomorrow! To find out more about the Dietary Guidelines and for ideas and recipes to include in your family's meals visit ChooseMyPlate.gov.



Quick Veggies

So many ways to add to your meals!

- Keep canned corn^{*}, carrots^{*}, green beans^{*}, peas^{*} and spinach^{*} in your cupboard. You can open a can of veggies for dinner. Be creative and mix a few together with tomato sauce on your favorite pasta—quick, easy, and good for you!
- Keep bags of frozen vegetables^{*} in your freezer. Pour out the amount needed for dinner and put the rest back in the freezer. There will be little or no waste!
- Try a variety of frozen mixed vegetables^{*}. Try something new! Frozen vegetables such as peas^{*}, carrots^{*}, corn^{*}, broccoli^{*}, and spinach^{*} can be added to soups, casseroles and other dishes.
- Serve raw vegetables^{*} with a low fat dip or hummus. Keep baby carrots^{*} in your refrigerator. Try raw broccoli^{*} or cauliflower^{*}. Keep in mind that raw vegetables for children under the age of four are a choking hazard.

^{*} WIC Foods

WIC News

- This year is the WIC Programs 40th Anniversary! Our theme is "WIC: Strengthening Families for 40 Years". Since 1974, Onondaga County Health Department has been providing healthy foods, nutrition education and referrals to young families so that they can lead healthy lives. Congratulate yourself for being a part of the WIC Program and helping to improve the health of your family.
- The WIC office will be closed on Monday, January 20th for Martin Luther King, Jr. Day and Monday, February 17th for Washington's Birthday.
- Join our group appointments at the WIC Program. Interact with your friends and neighbors and reduce your waiting times at your next clinic appointment. Please call the WIC Program at 435-3304 to schedule your group appointment.
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- Please call the WIC office if you cannot make your WIC appointment so that this time can be offered to another WIC family.

Fast and Easy Eggs

Good for breakfast, lunch or dinner!

Scrambled Eggs

Serve plain scrambled eggs* with whole wheat toast*. Try scrambled eggs with chopped onions, mushrooms, peppers or tomatoes.

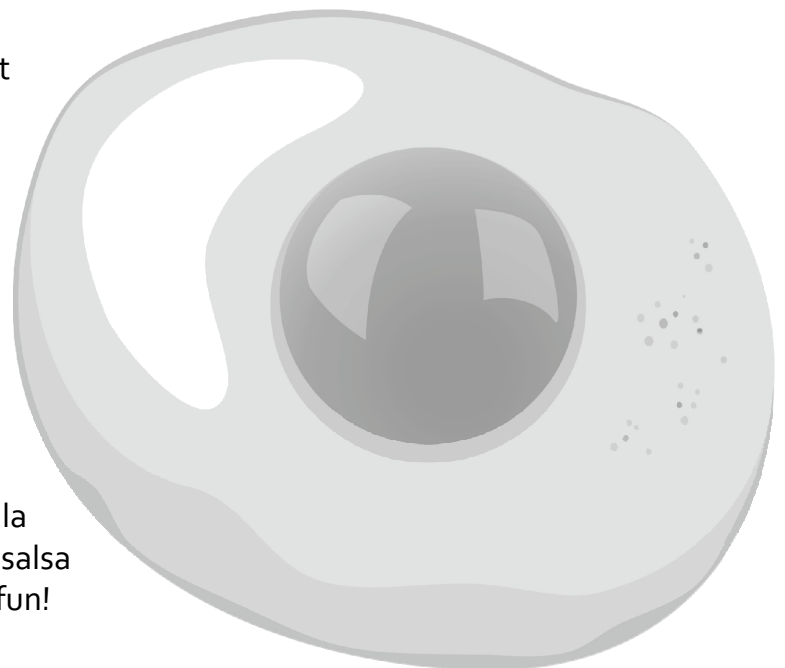
Hard Cooked Eggs

Peel shells off hard cooked eggs*. Serve with whole wheat toast* and juice for breakfast or as a quick snack, in egg salad or as part of a salad!

Egg Tortilla

Roll scrambled eggs* into a whole wheat tortilla shell, top with shredded cheddar cheese* and salsa or add a favorite vegetable* – easy, tasty and fun!

*WIC Foods





Here's What's Cooking

Winter Fruit Crisp

- 6 sliced apples* or pears*
- ½ cup flour
- ¼ cup quick oats*
- ¼ cup brown sugar
- 2 teaspoons ground cinnamon
- 3 tablespoons cold butter
- Raisins

* WIC Foods

1. Preheat oven to 450 degrees.
2. Peel and slice either apples or pears.
3. In a small bowl, mix flour, oats, brown sugar, salt and cinnamon.
4. Cut butter into pieces and add to flour and oat mixture.
5. Cut butter into flour/oat mixture using a pastry cutter or two forks.
6. Sprinkle topping over fruit in baking dish.
7. Bake in preheated oven for 25-30 minutes or until topping begins to brown.
8. Sprinkle with raisins. Serve and enjoy!

Bringing you fresh vegetables and fruits
where you live, work, and play!



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Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.

Onondaga County Health Department

Joanne M. Mahoney, County Executive
Cynthia B. Morrow, MD, MPH, Commissioner of Health



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