

W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **Healthy Holidays!**

We are now in the holiday season. The time of Halloween, Thanksgiving, Christmas, Kwanzaa, New Years and many others. This may be a time when people may put on the extra pounds and eat an unhealthy diet. There are many ways to enjoy the holidays while eating and playing sensibly. These should be happy times with family and friends. Let's talk about some healthy ways to enjoy them.

Halloween: Treat or Trick?

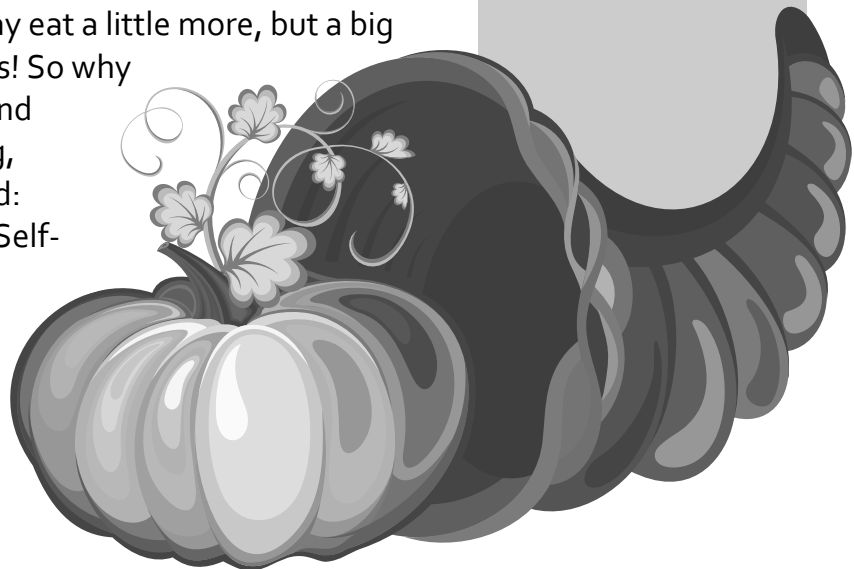
Skip the mindless snacking on the left over candy that is around after Halloween.

- Offer non-candy treats, such as boxed raisins (high in Iron) or packets of nuts (a source of protein and Vitamin B-1)
- Teach kids to ration their Halloween treats to one (1) small portion per day.
- How about an active Halloween get together for kids! Bob for apples, or do a "make-your-own-pizza" party using veggies to make a scary face!

Reinvent Thanksgiving

This is a holiday when you and your family may eat a little more, but a big dinner can add up to a whopping 3000 calories! So why not turn up the flavor and turn down the fat and calories on your holiday meal? When planning, shopping and cooking, keep these tips in mind:

- Buy a lean bird, not the self-basting type. Self-basting birds are higher in fat.
- Cook dressing on the side, not in the bird. Add a little broth for moistness, and then it can't absorb the turkey fat. You can flavor your turkey with fresh bay leaf, sprigs of sage, or thyme tucked under the skin.



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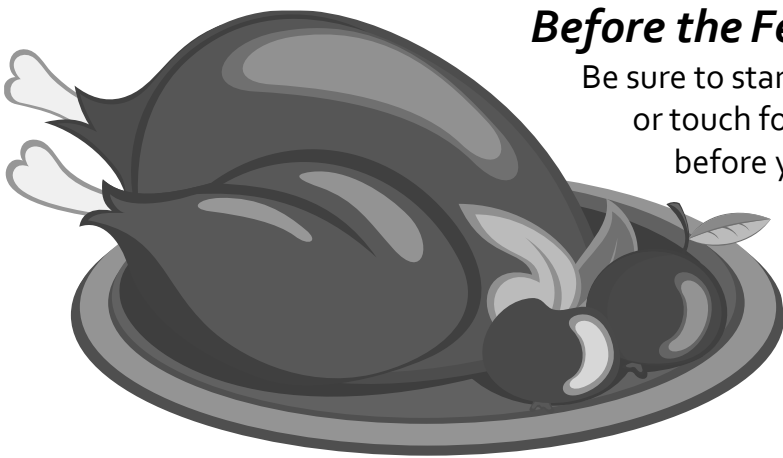
Nutrition Tidbit:
Drink one glass (6-8 oz) of water before you sit down to Thanksgiving dinner. This will fill you up slightly and reduce your chances of over eating.

- Lighten up the veggies. Top broccoli with fresh lemon juice instead of butter. Cut the butter in your mashed potatoes or sweet potatoes by one-third. Your guests won't know the difference!
- Skin the fat off your pan drippings before making gravy. You can also add turkey broth to make up for lost liquid volume.
- Make a pumpkin pie. It has less fat and sugar than pecan pie and you get a Vitamin A boost. Top it off with frozen yogurt instead of whipped cream, and use evaporated skim milk instead of cream for the filling.

These tips can reduce the calorie content of your feast by 30%.

Before the Feast!

Be sure to start the day with a family walk, game of tag, or touch football. Drink one glass (6-8 oz) of water before you sit down to the Thanksgiving dinner table. This will fill you up slightly and reduce your chances of over eating. After the festivities, what do you do with the leftovers? Reheating is an option, but refrigerate leftover turkey for no more than 3-4 days.



Prancing and Dancing

Does the holiday season seem too hectic for your usual fitness routine? That is no reason to take a break from being active. The guidelines don't change. The 60 minutes of daily physical activity your family needs may be perfect for relieving seasonal stress and weight gain. Mix in physical activity with seasonal activities.

- Use the mall's stairs, not the escalator or elevators.
- Enjoy household tasks that make the season special – decorate.
- Put actions in family get-togethers. Move away from the dinner table after putting away the leftovers and take a walk, sled in a park, build a snowman or how about a family dance contest?
- Sneak in fitness time and be active even if only for 30 minutes. Physical activity makes us all feel better.

Eat, Think and Be Merry

- Offer non-alcoholic drink options to family and friends. Serve non-alcoholic beer, non-alcoholic sparkling wine or a festive punch. This also will cut the calories.
- Enjoy the holiday feasts, but push away from the table when you're done. Eat slowly and you're guaranteed to eat less.

Most of all enjoy this time with family and friends.

New Year's 7 Best Resolutions

Take small steps to create healthy eating habits for your family. Choose one, two or all seven of these New Year's resolutions:

1. Make half your plate fruits and vegetables.
2. Make at least half your grains whole grains.
3. Switch to fat-free (skim) or low fat (1%) milk.
4. Eat a variety of protein foods.
5. Start your day with breakfast.
6. Eat with your family.
7. Drink water instead of sugary drinks.

Make 2014 your healthiest year ever!



WIC Eligibility

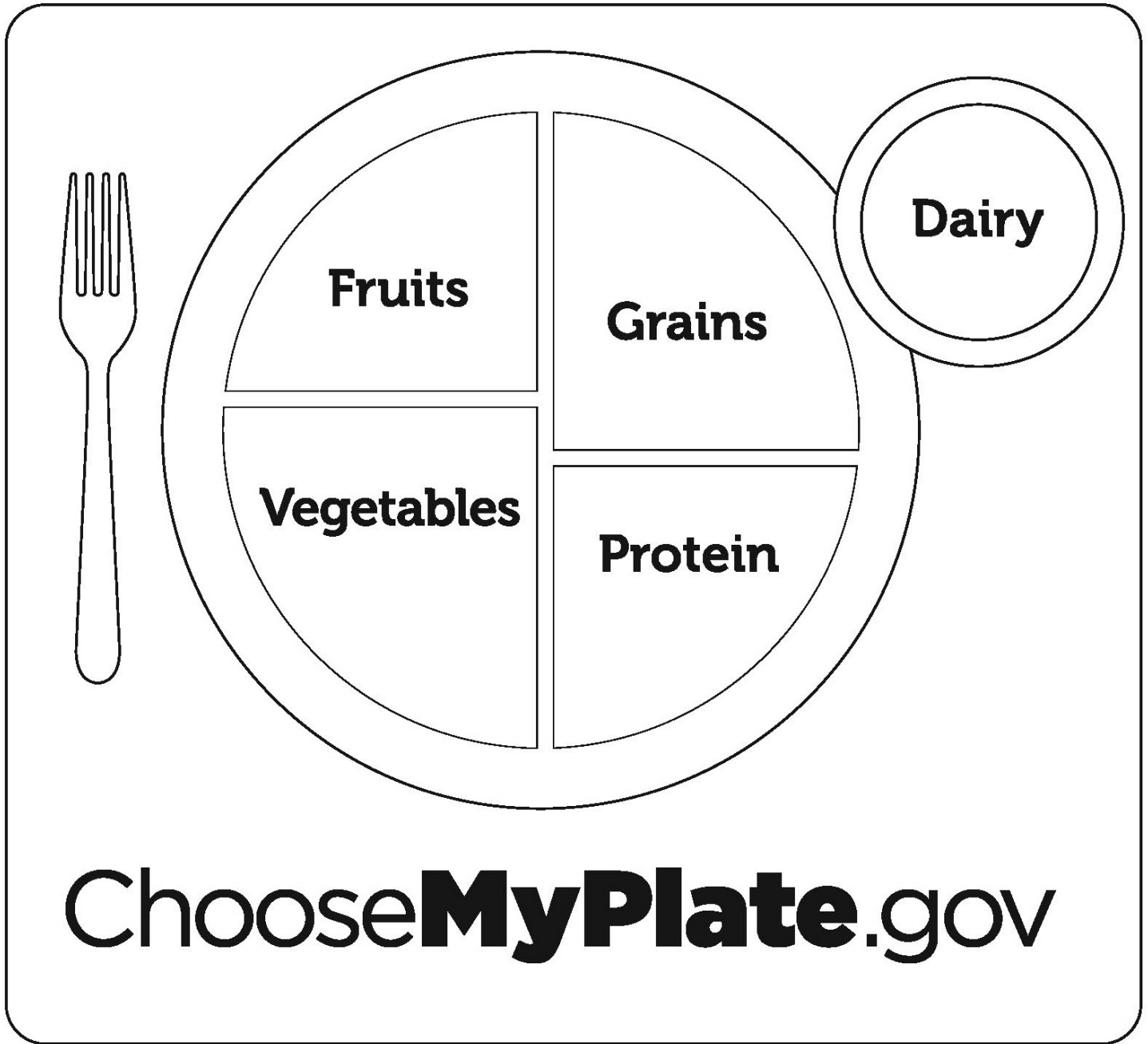
In order to receive WIC benefits you or your child must meet 4 criteria:

1. **Residency** – you must be a resident of New York State.
2. **Categorical** – you must be a pregnant, breast feeding or post partum woman, an infant under the age of 1 year, or a child age 1-5 years.
3. **Be at nutritional or medical risk** – your risk is determined at each certification appointment by the nutrition staff.
4. **Income eligible** – this is determined by assessing all household income. Household income includes all sources of income from “everyone who shares housing, income and the consumption of good and services.”

If you are certifying for WIC and you receive Medicaid, Food Stamps (SNAP), or TANF (Temporary Assistance for Needy Families), the same documentation can be used as income verification to determine WIC eligibility if you provide WIC with the necessary documentation. This is called Adjunctive Eligibility. However, the certification period for WIC is only as long as the certification of the adjunctive program.

It may be determined by the WIC staff that an Income Reassessment needs to be completed between WIC certification periods. It is extremely important that WIC participants be prepared at each WIC appointment. WIC participants need to bring current proof of household income for all household members to all WIC appointments. This is very important so that there is not any interruption of your WIC benefits. If you have any questions, please speak with a WIC staff member. Thank you!

Make YOUR Plate Colorful!



Choose **MyPlate**.gov

WIC News

- The WIC office will be closed on Monday, November 11th for Veteran's Day, Thursday, November 28th and Friday, November 29th for the Thanksgiving holiday and Wednesday, December 25th for Christmas.
- Please make sure that you use all of your six Farmer's Market checks by November 30th. Your goal should be to use all six so that your family can enjoy locally grown fruits and vegetables. If you have a difficult time getting to the farmer's market, try to use all of your checks during one visit to the farmer's market or send a friend or relative to the market to cash the checks for your family.
- 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 W.I.C. 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.

Time for Your Flu Vaccine!

Getting yourself and your child a flu vaccine each year is the best way to prevent flu infection. Keep these tips in mind for a healthy flu season!

- It is recommended that everyone over 6 months old get a flu vaccine every year. Get yourself and your child vaccinated as soon as the vaccine becomes available.
- If your child is under 6 months old, it is very important for you, and all other household contacts, to get a flu vaccine.
- Is your child afraid of shots? FluMist® (a vaccine that is sprayed into the nose) is available for healthy children 2 and older.
- Children with chronic health problems, such as asthma and diabetes, are especially at high risk of developing serious flu complications and should get a flu vaccine every year.
- Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.
- If you are sick, stay home, and practice good hand washing to prevent the spread of the illness. Your child should stay home from school and daycare if he or she is sick.



Ask your health care provider about getting flu vaccine for your family. No health insurance? Call the Onondaga County Health Department at 435-2000 to find out how you can get a flu vaccine.

Here's What's Cooking



Treats for a Toddler

Does your family and friends want to give “junk foods” or “treats” to your toddler? They love your toddler. They want to give something special to him. They want to see your child smile and be happy.

It's good to have a happy, loved child. But your child can be just as happy with healthy foods – fruits, crackers, cereal and yogurt.

You don't want your child to develop a taste for salty, sweet, high fat foods. Then he will probably want to eat “junk foods” later.

Hungry toddlers will eat what food is in the house!

Sweet Potato Wedges

1 sweet potato*

1 teaspoon olive oil or vegetable oil

1. Peel the sweet potato and cut it into 4 to 8 long wedges
2. Place sweet potato wedges in a bowl. Sprinkle with oil and toss to coat.
3. Lay sweet potato wedges on a baking sheet.
4. Bake in a 400° oven for 10 to 20 minutes, or until soft.
5. Remove from oven and cool.

These sweet potato wedges have lots of vitamin A and are fun finger food for older babies and toddlers




* WIC food

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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.

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



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