

WIC *Tribune*

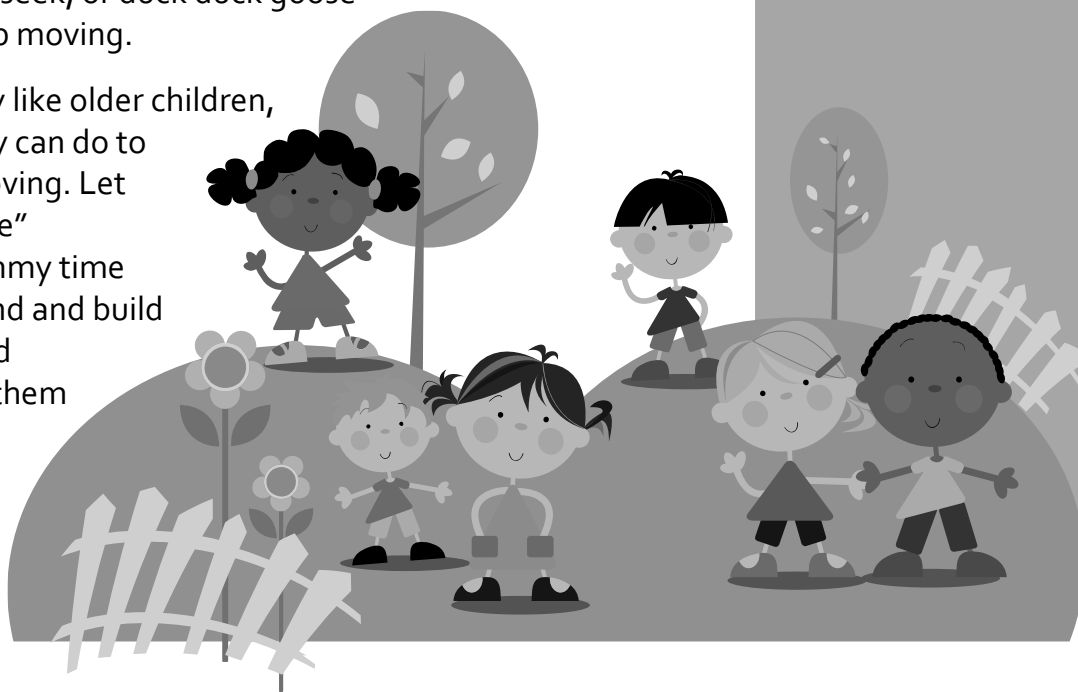
Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **Mixing Fitness and Fun**

Now that the weather is starting to warm up, it's time to get active and go outside! Getting back into shape is a common goal in the spring. While some think that exercise involves going to the gym or lifting heavy weights, there are other easier ways to stay fit. Try to plan fun activities like a walk after a family meal or a day at a park. These are just two ways that the whole family can stay fit in the nice weather.

Exercise and playtime are important for parents, infants and kids. Children grow every day from birth to age five. Activity is good for children in many ways. It helps them stay at a healthy weight, and lowers their risk for obesity. Playtime also helps children build strong bones and muscles. They will be able to sleep better throughout the night, and improve their learning skills. Studies have shown that active children tend to have longer attention spans, and do well in school. Kids should have at least two to three active play times throughout the day. When you go outside, bring toys like balls, Frisbees, and bubbles. Playing games like tag, hide and seek, or duck duck goose are all great ways to keep moving.

Infants can't run and play like older children, but there's a lot that they can do to keep their little limbs moving. Let babies have "tummy time" throughout the day. Tummy time helps infants move around and build strength in their neck and shoulders. It also allows them to explore what's around them. Infants can learn how to roll over, lift their head up, and crawl through tummy time.



Spring/Summer 2014

<i>Nutrition Spotlight, cont.</i>	2
<i>WIC News</i>	3
<i>Fruits and Veggies for Toddlers</i>	4
<i>Protect Your Kids from Tobacco Marketing</i>	5
<i>What's Cooking: Beef Veggie Soup</i>	6

Nutrition Tidbit:

Kids should have at least two to three active play times throughout the day.

Make sure to limit the amount of time babies and infants spend in bouncer seats, strollers, or swings. These can prevent babies from moving on their own.

Parents can be great role models for their children by playing with them, and encouraging them to stay active. It will help show kids that activity and exercise can be fun.

Body After Baby: How to Stay in Shape After Delivery

The first few months after having a baby can be very busy and very tiring. With nearly all of their time spent on caring for their child, most mothers find it hard to take time out and exercise. Here are some helpful hints at staying active and getting back to your pre-pregnancy weight:

- **Be patient:** Your body is still recovering from having a baby. Don't be discouraged if you can't get out to exercise everyday. Starting too soon with intense exercise can cause harm to your body. Give yourself time to rest.
- **Start slow:** Walking is one of the best ways to start back into exercise. It is simple to do, and it doesn't put a lot of stress on the body. Try to walk between 30 and 60 minutes a day. This is a great activity that can be done with your baby. Pushing a stroller will help build up strength and keep your body moving.
- **Set goals for yourself:** Plan walking and small activities a couple of times a week. When you feel comfortable and ready to move on, try exercising more days out of the week.

It will take time to get back into an active routine. Enjoy the time you have with your baby, and try to involve the whole family in daily activity. Their support will help you get back to a regular workout schedule.

Planting the Seeds Towards a Good/Better Health

One great way to keep the family active and involved is by growing a garden. Whether it's planting herbs in a small pot, growing vegetables in your backyard, or helping with a community garden, there are many benefits of gardening:

1. **It improves your family's health:** Fruits and vegetables that are fresh from a garden tend to be higher in nutrients (and tastier too!).
2. **It saves money on groceries:** A pack of seeds typically costs less than a dollar. The more fresh produce you grow at home, the less money you'll be spending at the grocery store.
3. **It keeps you active:** Not only are you growing your own food, but you're burning calories too! Tending to a garden requires a lot of work. You'll build muscle and strength through weeding, watering and planting.
4. **It boosts your self-esteem:** You will gain a sense of pride through gardening. Not only are you able to grow your own food, you can feed your family too.

You don't need a large backyard to grow a garden. A sunny spot will do just fine. Certain vegetables like tomatoes and peppers can grow in a single pot. You can also grow herbs in small pots on your windowsill. Check around to see if there is a community garden that you can help with.

Planting your own fruits and/or vegetables is a fun activity that the whole family can enjoy. Kids can get excited about watching a seed grow into a plant. They'll also learn where their food comes from. This healthy hobby can save you money and keep you active without the need for a gym.



WIC News

- This year is the WIC Programs 40th Anniversary! Our theme is "WIC: Strengthening Families for 40 Years". The Onondaga County Health Department has been providing healthy foods, nutrition education and referrals to young families in our county since 1974 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 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.
- For every WIC appointment you must have your WIC ID or photo ID. If you or your child is being enrolled on WIC or recertified there are a number of other documents needed for your WIC appointment so please call us to make sure you verify everything you need to bring to your WIC appointment.
- Stay tuned for Farmer's Market checks coming to your WIC site in early June.
- 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.
- If you come to your WIC appointment before your scheduled appointment time we cannot guarantee that you will be seen early. WIC will serve those individuals who come at their scheduled appointment time first. We appreciate your patience and understanding regarding appointment times.

Fruits & Veggies for Toddlers

Eat fruits and vegetables with your toddler. Children who like vegetables usually have parents who eat vegetables.

- Offer a variety of fruits and vegetables to your 1 to 2 year old toddler. Your child is more likely to like fruits and vegetables if he eats them early in life.
- Be patient with your toddler when offering new foods. He may not like a new food when he eats it for the first time. He may need to try it 8 to 10 times before he accepts it.
- Never force your toddler to eat a food. You cannot force your toddler to like a food. No one likes to be forced to eat.



Try dark green, orange and yellow fruits and vegetables. Colorful fruits and vegetables have the most nutrition.

- Offer broccoli, spinach and other leafy green vegetables.*
- Offer carrots, cantaloupe, oranges, tomatoes, sweet potatoes and squash.*
- Potatoes are a vegetable. However, we eat most of our potatoes as French Fries which have very little nutrition.

Eating habits start early in life. Help your toddler learn to enjoy eating a variety of healthy foods for the rest of his life.

Eat with your toddler. Pull his highchair up to the table. Put food in his bowl or on his tray. Put food on your plate.

Talk to your toddler while you eat your food together.

Eat the same foods that your toddler eats. Your toddler learns to like foods that he sees you and others enjoying.

*WIC Foods

Protect Your Kids From Tobacco Marketing

Whether or not you are a smoker, you probably do not want your kids to start smoking. But the reality is that a lot of things are out of your control as a parent. Tobacco companies count on it.

Too often, stores have large displays of tobacco products right behind the counter where kids can see them. According to the Surgeon General, these displays are a major cause of children becoming smokers. The more cigarette ads that kids see, the more likely they are to smoke.

It is hard for parents to compete with all the messages that kids receive from advertisers when they walk into a store. Children are vulnerable. Over 90% of smokers start smoking as kids.

We need to protect kids from tobacco marketing. To find out more about how you can get involved, contact Tobacco Free Onondaga County at 315-435-3280.



This is tobacco marketing.

Kids who see it are more likely to smoke.

Our kids have seen enough.



Here's What's Cooking

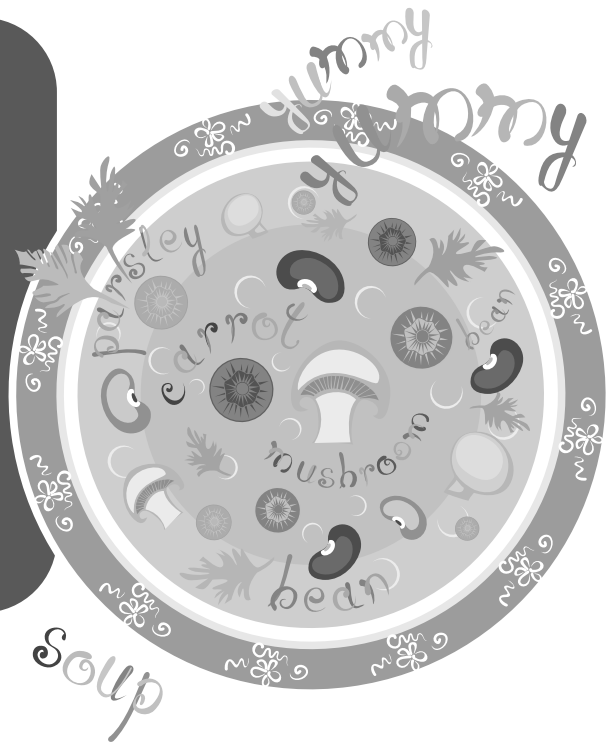
Beef Veggie Soup

Use your favorite frozen vegetable blend in this recipe

- 1 lb. lean beef roast, cut into small cubes
- 1 (16 oz.) package frozen vegetables*
- 1 (28 oz.) can crushed tomatoes*
- 2 (14.5 oz.) cans beef broth
- 2 Tbl. dried basil or oregano

* WIC Foods

1. Cook beef cubes in a large saucepan until browned, about 5 to 10 minutes.
2. Season the meat with salt and pepper.
3. Add vegetables, tomatoes, beef broth and herbs to cooked meat.
4. Bring to a boil. Reduce heat, cover and simmer for 30 minutes.



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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



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