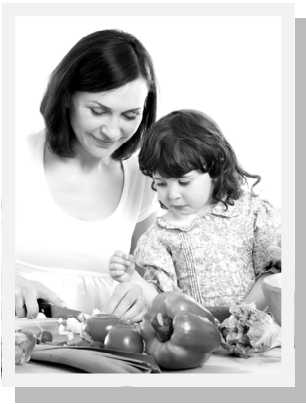


# W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

## ***Nutrition Spotlight:*** **Raising a Healthy Eater**

The WIC food package provides a variety of nourishing foods, but getting your child to eat the foods you know are good for them can sometimes seem like a battle - it doesn't have to be! There are a number of things you can do with your child that can not only get them to try new healthy foods, but can actually help them to prefer healthier options over junk foods.



### ***Be a role-model***

You are your child's biggest role model, and your child is likely to follow the example that you set. If your child sees that you enjoy snacking on veggies and fruit, he or she may want to do the same! The same is true for "junk food". Try swapping that cookie for some fresh fruit. Set a good example for your little one by filling up your plate with fruits and veggies, whole grains, and lean protein.

### ***Go grocery shopping together***

This can seem like an difficult task, but taking your child with you to the grocery store is a great way to let your child play an active role in meal time. Talk to your child about what you plan on making with the ingredients that you're buying! Even letting your little one help plan the meal can inspire them to try what's on the menu. Try taking your child through the produce section of the grocery store and asking them about what they know about different fruits and vegetables. This can be a great learning experience for them, and you might be surprised on what they already know!



### ***Allow your child to help in the kitchen***

Allowing kids to be active in the kitchen can be huge for getting them to try new foods. Even playing a small role in preparing the meal can spark excitement and inspire him to eat the meal he just helped create. Even toddler age children can help! Some tasks to let your child try are:

- Shredding lettuce
- Whisking
- Assembling sandwiches
- Mashing potatoes
- Mixing dry ingredients
- Stirring batter
- Measuring ingredients
- Separating eggs
- Washing produce
- Kneading dough



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Don't be afraid of a mess – it will happen! Letting your child explore in the kitchen is a great way to get them interested in cooking and trying new foods. Kitchen safety is important, though. Try getting your child involved in cooking when you have more time to dedicate to making a meal, and be sure to let your child know about tools and appliances that are off limits – like sharp knives and hot stoves.

### **Healthy Tips**

- Use alternative rewards for good behaviors instead of food. Using food as a reward can actually lead to over eating foods that are high in fat or sugar and can lead to weight gain. Other ideas for rewards: stickers, extra reading time, or playing your child's favorite game.
- Allow your child to refuse a "healthy" food, and try not to make it a big deal. Forcing these foods can over time lead to dislikes and avoidance of that food for many years. Let your little one try new foods in their own time!
- Give up the clean plate club: allowing your child to stop eating when they're full allows them to be more in tune with their body and prevents overeating and weight gain.
- There is no such thing as an off-limit food. Any food can fit in a balanced diet. Having certain foods be off-limits can increase desire for those foods and result in over-eating when parents aren't around.



### **Be patient!**

There are going to be times when your little one has no interest in the new food that you put on the plate. Don't fret! When giving your child a new food, offer it with something that you know he or she will eat. This way, you know they're not going hungry if they refuse the new food that you're providing.

You do not need to be a short order cook, and the dinner table does not have to be a battle field. As a parent or guardian, you are responsible for deciding **what** and **when** the child eats, and the child is responsible for deciding **if** they eat, and **how much**. Rome wasn't built in a day, and neither was a healthy eater. Be patient!

## **WIC News**

- 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.
- "Check out WIC on Facebook" at [www.facebook.com/HealthyFamiliesOnondaga](http://www.facebook.com/HealthyFamiliesOnondaga). The WIC Program posts messages on the Wall of our Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posting and "like" us!

Like us!



## ***WIC News, continued:***

- 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.
- You only have to recertify your children once a year for WIC instead of twice a year! You will still have the opportunity to check on your child's growth six months after the certification appointment when we do a health and nutrition update (HNU).
- 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.



## **“Mom, what’s for dinner tonight?”**

Not sure what to have for dinner tonight? Try this one pan delicious recipe! The good news is, you probably have these ingredients already on hand! This recipe is easy, healthy, and low cost. Give it a try! Most items are WIC-approved foods!

### ***Roasted Chicken and Veggies***

- 1 ½ pounds of red potatoes cut into 1½-inch chunks\*
- 1 large onion, cut into wedges\*
- 3 large carrots cut up or one cup of baby carrots\*
- 1 cup of zucchini and/or yellow squash cubed\*
- 4 garlic cloves
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried rosemary
- 1 pound of boneless skinless chicken thighs or breasts, each cut into quarters
- 1 10-ounce bag of fresh spinach\* - remove the stems



#### **DIRECTIONS:**

1. Preheat oven to 475°F. In a large roasting pan, combine the potatoes, onion, carrots, garlic, oil, salt, pepper and rosemary. Toss to coat.
2. Roast the veggies 25 minutes, stirring once.
3. Lightly pepper the chicken and add the cubed squash, tossing to coat and roast 15 minutes longer or until the chicken is done.
4. Place the spinach over the chicken mixture and roast for 5 minutes longer or until the spinach wilts.
5. Toss before serving. ENJOY!

*\*WIC Foods*

# Here's What's Cooking

## Sausage and White Bean Ragu (Stew)

Adapted from *Eat Well on \$4/Day Good and Cheap* By: Leanne Brown  
Makes 3 cups

- 1 tbsp butter or vegetable oil
- 1 onion, chopped \*
- 3 cloves garlic, finely chopped
- 1 tbsp jalapeno, finely chopped (optional)
- ½ lb fresh Italian style turkey sausage, casing removed
- 1 ½ cups canned or fresh tomatoes, pureed \*
- 1 ½ cups butter bean, navy beans, or cannellini beans \*
- Salt and pepper



1. Melt the butter in a pan over medium heat and swirl it to coat the pan.
2. Add the chopped onion and cook until it turns translucent.
3. Toss in the garlic, jalapeno, and fresh sausage, then sauté for about a minute.
4. Add the tomatoes and beans, then simmer until the sauce is thick and the sausage is cooked, about 5 minutes on medium heat.
5. Taste and add salt and pepper as needed.

Because this sauce contains meat, it won't keep especially long in the fridge, but you can freeze it for later use if you don't plan to eat it all within a few days.

Cost of recipe: \$3.75 Total, \$1.25/cup

\*WIC Foods

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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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