



Stork Report

Onondaga County Health Department WIC Program Newsletter Spring 2017

Pregnancy Facts: Pregnancy Cravings

Food cravings are common during pregnancy and many women find themselves wanting sweet or spicy foods. Eating too much of what you crave can lead to problems, such as heartburn or extra weight gain.

To curb your food cravings:

- Work your cravings into your everyday eating.
- Find healthy choices.
- Have a glass of low-fat milk or seltzer water with a splash of a WIC approved juice.



If you are craving spice, add salsa.

For a touch of sweet, add citrus fruits and juices.



When craving salt, try some fresh veggies or whole wheat crackers with hummus.



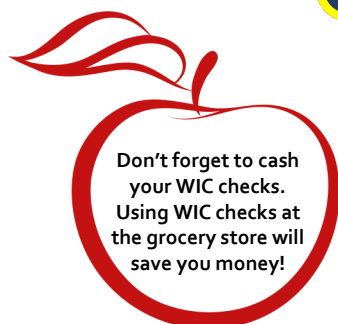
Some pregnant women crave things that aren't food, and this is called pica. Examples of pica include cravings for ice, clay, laundry starch or dirt. Eating non-food items can be harmful to you and your baby. They can contain toxic ingredients. If you are craving something that is not a food, **tell your doctor**. Sometimes pica cravings may be related to some type of physical illness.

Reference: "Pregnancy Cravings and Aversions" <http://www.marchofdimes.org/pregnancy/cravings-during-pregnancy.aspx>



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

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, call ahead to make sure you have everything you need to bring to your WIC appointment.
- Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- If you come to your WIC appointment before your scheduled appointment time we cannot guarantee that you will be seen early.
- Please call the WIC office if you cannot make your WIC appointment, so that this time can be offered to another WIC family.

Check it out!

wicstrong.com

WIC Clinic and Office will be closed :

Monday, May 29, 2017

Memorial Day Holiday

**Farmers Market Checks
coming June 1st!**



Here's What's Cooking

Super Quick Beans and Rice *Makes 4 servings*

Ingredients:

- 1 (14.5 oz.) can Mexican stewed tomatoes*
- 2 T. taco seasoning
- 1 1/2 c. brown rice*, cooked
- 1 (15 oz.) can black beans*, drained and rinsed

*= WIC FOODS

Instructions:

1. In a medium pot, add tomatoes, taco seasoning, and cooked rice. Mix well.
2. Add black beans to pot and stir.
3. Heat mixture over medium heat for 10 to 15 minutes. Stir every few minutes.



Dear Wilma WIC,

I am currently pregnant with my first child and I am feeling so many emotions. I am very excited to have a baby but I worry a lot. Sometimes I feel anxious and absolutely exhausted. Is it normal to feel like this?

Signed, Emotional Emily



Dear Emily,

Yes, it is natural to feel different emotions. You can feel delighted and still be worried about other things. Mood changes may occur, but if you feel they are severe, discuss this with your doctor. Exhaustion can increase from sleepless nights and not being able to find a comfortable position to rest. Eating a healthy diet is very important for your health and the health of your baby. WIC staff can also refer you to programs in your community to assist with any concerns you may have such as parenting classes, breastfeeding classes and more. Just ask, WIC staff are here to help.

Signed, Wilma WIC

Breastfeeding Corner

More families are making the choice to breastfeed as they learn about how important it is. However, there are still many myths that may be confusing to a new mom.



Myth: There is no way to tell if a baby is getting enough milk.

Truth: There are many ways to tell if your baby is getting enough milk.

- During a feeding, you may hear sucking and swallowing, and you may even see milk around your baby's mouth.
- After a feeding your baby will seem relaxed.
- Throughout the day, your baby will have many wet diapers. In the first month your baby will also have several loose mustard-colored stools each day (after day 5).
- Your baby will gain weight.

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