



Stork Report

Onondaga County Health Department WIC Program Newsletter Spring 2018

Pregnancy Facts:

Staying Hydrated During Pregnancy



Staying hydrated is very important for women both during and after pregnancy. Dehydration during pregnancy can lead to constipation, fatigue, and preterm birth. Normal fluid needs remain higher for a woman after birth.

Pregnant women should drink between 8 and 12 cups of fluids each day. This amount can be higher for women who are exercising. Three cups can be made up with the low-fat milk needed for healthy bones. Women should limit the amount of juice taken each day to one or two servings per day because the extra calories can lead to a high weight gain during pregnancy. Caffeine should also be used sparingly because it can affect women's sleep cycles. Plenty of water is best to meet your fluid needs.

Below are some tips to help women get their needed fluid intake every day:

- Fill a pitcher each morning with the amount of water you intend to drink
- Carry a water bottle when leaving the house
- Make ice cubes with juice to add some flavor to water
- Add sliced limes, lemons or oranges to your water for flavor
- Drink water with every meal and snack
- Freeze juices to make ice pops for a fun snack



Great News!

Coming Fall 2018. WIC will be switching from paper checks to payment (EBT) cards.

Call WIC if you cannot make your WIC appointment

Please call our office at 315.435.3304 if your phone number or address changes

For every WIC appointment you must have your WIC ID or photo ID.



Visit us at
facebook.com/OnondagaWIC



Don't forget to use your WIC checks!

**Nutrition Education + WIC Checks =
Healthy Families**

WIC Clinic and Office will be closed :

Monday, May 28, 2018

Memorial Day Holiday

Here's What's Cooking

Frozen Fruit Cup

Ingredients:

- 1 c. applesauce, unsweetened*
- 1 (11 oz.) can mandarin oranges, drained
- 1 (10 oz.) pkg. frozen strawberries, thawed*
- 2 T. orange juice concentrate, thawed*

Instructions:

1. In a medium bowl, combine all ingredients. Mix well
 2. Spoon into small freezer-safe containers
 3. Freeze at least 4 hours, or until firm
 4. Let sit at room temperature for 20 minutes before serving
- *WIC Foods



Dear Wilma WIC,

My friend told me that I should not eat lunch meat or soft cheese while I am pregnant. Is that true and why?

Signed, Lunchmeat Lisa

Dear Lunchmeat Lisa,

Your friend is right, it is not safe to consume those foods during pregnancy due to the risk of getting a serious infection from a bacteria called listeria. This food born illness, called Listeriosis, is a serious infection in pregnant women and can harm the fetus. During pregnancy be sure to avoid the following foods:

- Hot dogs/lunch meat (unless heated to 165 degrees F).
- Soft cheeses, such as feta, goat, queso
- Raw unpasteurized milk
- Raw or undercooked eggs, cookie dough, shellfish, seafood, sushi, and poultry



Be sure to wash your hands before eating or handling food, check expiration dates on foods and consume foods before "use by" date. Be sure to use a thermometer when cooking meats and reheat leftover meats to 165 degrees F. Check with your doctor if you have any of these symptoms: stiff neck, severe headache, and fever.

Signed, Wilma WIC

Breastfeeding Corner:

The Myth of Low Supply

Too often women stop breastfeeding because they do not think that they have enough milk. Often, these comments come from well-meaning family & friends.

When people say things about you breastfeeding, you might start to doubt yourself. The truth is that there are **very few** medical reasons why you should not have enough milk.

Breastfeeding works on supply and demand. The more a baby nurses, the more milk you will make. Nothing can set up a good milk supply better than your own nursing baby.

Consider the following: After you have your newborn baby, you may notice that your baby wants to nurse all the time. This is to assure a healthy milk supply. It does *not* mean you have a low supply. Also, your baby may want to nurse more when she is going through a growth spurt. She nurses more because she may need a little extra milk to get her through her growth spurt. It might take your body a day or two to respond, but your body will make extra milk at just the right time (when your baby hits her growth spurt)! This supply and demand system is a natural human system. If you give your baby a bottle, the system might not work the way it should.

Learning to trust your body and have faith in your baby's instincts may not be easy to get used to at first, but seeing your baby thrive from your own milk can be very rewarding. Knowing that you can provide for your baby any where and any time can be of great comfort to you as a mother.

If you have questions about your supply or other breastfeeding questions you can talk to your WIC nutritionist or ask your WIC Breastfeeding Peer Counselor. You can also get information at www.breastfeedingpartners.org.

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

