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Onondaga County Health Department WIC Program Newsletter Spring 2018

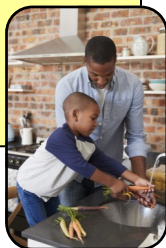
Nutrition Spotlight: Cooking with Kids

Cooking with kids is a fun way to build healthy eating habits at a young age, as well as start life skills that will be priceless growing up. Kids as young as two years old may start helping out in the kitchen with basic tasks such as rinsing veggies under water and shaking herbs and spices onto foods. There are many ways for children to learn when cooking at home, such as following directions, counting and measuring, and food safety. Getting kids involved with cooking boost their self-esteem as they try new tasks.

Age appropriate tasks for children in the kitchen:

2-3 years:

- Select ingredients to taste or use
- Rinse vegetables and fruits
- Tear large pieces of lettuce
- Stirring
- Pouring (with help)
- Adding ingredients into a bowl
- Shaking herbs and spices onto foods



4-5 years:

- May start to read recipes
- Counting and simple measurements
- Cut with a plastic or butter knife
- Crack eggs
- Mixing
- Pouring
- Setting the table



Visit us at
[facebook.com/OnondagaWIC](https://www.facebook.com/OnondagaWIC)

**WIC Clinic and Office
will be closed :**

Monday, May 28, 2018
Memorial Day Holiday

Great News!

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



**Don't forget to use
your WIC checks!**

Nutrition Education + WIC Checks =

Healthy Families

**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.**



Here's What's Cooking



Almond Rice Pilaf (6 servings)

Ingredients:

- 1 T. butter or margarine
- 1/2 c. onion, finely chopped***
- 1 1/2 c. water*
- 2 chicken bouillon cubes*
- 1 1/2 c. instant brown rice, uncooked***

*2 c. chicken broth can be substituted for the water and bouillon cubes.

*** WIC Foods

Directions:

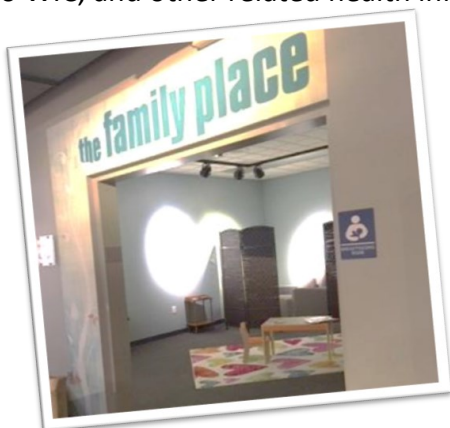
1. In a medium saucepan, melt butter, add onions and sauté until tender.
2. Add water and bring to a boil.
3. Add bouillon cubes and stir to dissolve.
4. Stir in rice and slivered almonds. Cover and remove from heat. Let stand 5 minutes.
5. Fluff with fork and serve.



Oh Baby... Good News:

There are Breastfeeding Rooms in Syracuse!

If you are a mom who is nursing your baby, you will be glad to know that there are many locations in Syracuse that have private breastfeeding rooms! Each breastfeeding room creates a dedicated and comfortable environment for mother to breastfeed or pump. The rooms also have educational materials about the health benefits of breastfeeding, referral information to WIC, and other related health information!



Breastfeeding rooms are located at:

Family Planning Clinic - Slocum Avenue, St. Joseph's Hospital, Peace Head Start at Merrick, Peace Head Start at Sumner, Peace Head Start at University United Methodist Church, Peace Head Start at James Street, Reach CNY, Interfaith Works, WIC, Syracuse Community Health Center, Syracuse Community Connections, ACR Health, The MOST, Christian Health Center, The Boys and Girls Club, Digital Hyve, Lydia's Lullaby, and Destiny USA.