



wic Tribune

Onondaga County Health Department WIC Program Newsletter Summer 2016

Nutrition Spotlight: Eating Together and Creating Healthy Food Habits

Getting creative in the kitchen is one of the best ways to get your picky eater interested in food and eating. By making mealtime a fun family activity, picky children often are more willing to try new foods. Some creative options to try when making a meal include:



- Allow your child to choose a few foods at the store
- Cut fruit & vegetables into fun shapes with cookie cutters
- Stick to a meal and snack routine
- Offer new foods early in the day when children have more energy and are less tired
- Grow a little vegetable garden outside
- Teach your children where their fruits and vegetables come from
- Create a peaceful and electronic-free eating environment when eating by turning the TV, phones and computers off

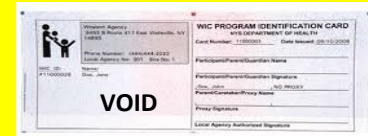


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Don't forget to cash your WIC checks. Using WIC checks at the grocery store will save you money!

WIC News



- For every WIC appointment you must have your WIC ID or photo ID. If you or your child is being enrolled in WIC or recertified there are a number of other documents needed for your WIC appointment. Please call us to make sure you verify everything you need to bring to your WIC appointment.
- 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 chance to check out your child's growth six months after the certification appointment when we do a Health and Nutrition Update.
- 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 people who come at their scheduled appointment time first. We appreciate your patience and understanding regarding appointment times.
- 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.

Here's What's Cooking



Mixed Bean Burritos

Adapted from Kids Fun & Healthy Cookbook, by Nocola Graimes

Ingredients:

- 1 tbsp olive oil
- 1 large onion, chopped*
- 14 oz can mixed beans (drained and rinsed)*
- 1 tsp dried oregano
- 15 1/2 oz can chopped tomatoes*
- 1 tbsp. tomato puree*
- 1/4 tsp ground cumin
- Few drops Tabasco (optional)
- Salt and pepper

To serve:

- 4 soft whole wheat tortillas*
- 1/2 cup cheddar cheese * (grated)
- Store-bought guacamole (optional)
- * - WIC foods

Instructions:

1. Heat the oil in a medium sized saucepan. Add the onion and cook, stirring occasionally, for 8 minutes until it is softened and slightly golden.
2. Add the oregano, chopped tomatoes, tomato puree, and cumin to the saucepan. Tip the beans into the pan, stir and bring to a boil.
3. When bubbling, reduce the heat to low. Half cover with a lid and simmer for 10 minutes. Stir the beans occasionally to stop them from sticking together.
4. Taste the beans and add salt and pepper along with a few drops of Tabasco if you like. Cook for another 5 minutes, stirring occasionally.
5. Warm the tortilla in a microwave. Place each one on a plate and top with the bean mix. Sprinkle with cheddar and top with a dollop of guacamole.
6. Fold in one end of the tortilla and then carefully fold over one side. Gently roll the tortilla over to make a tight and secure burrito.



Upcoming Rabies Shot Clinics

Thursday, August 4, 5:00 pm - 7:00 pm.
Village of Minoa DPW, 100 Kalin Drive, Minoa

Thursday, September 8, 5:00 pm - 7:00 pm.
SPCA, 5878 East Molloy Road, Mattydale

Thursday, September 15, 5:00 pm - 7:00 pm.
Marcellus Fire Department, 4242 Slate Hill Road, Marcellus

For more information call
435-3165

Your child deserves a healthy home!

The Onondaga County Lead Poisoning Control Program offers FREE home lead inspections to those who live in a rental house built before 1960 that has chipping or peeling paint.

Protect your
child from
lead paint!

Call today to get
your home checked.
It's FREE!

435-3271

Onondaga County
Lead Poisoning
Control Program



*** WIC does lead testing***



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For other complaints contact: (1) mail: WIC Program Director, NYSDOH, Riverview Center Room 650, 150 Broadway, Albany, NY 12204; or (2) phone: The Growing up Healthy Hotline at 1-800-522-5006; or (3) email: NYSWIC@HEALTH.NY.GOV



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Onondaga County
Health Department



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