



WIC Tribune

Onondaga County Health Department WIC Program Newsletter **Winter 2017**

Nutrition Spotlight: Whole Grains



Whole grains are a good source of iron, B vitamins, and other minerals providing children with the energy they need to play and learn.

Whole grains can help reduce constipation by providing dietary fiber. High-fiber foods also fill tummies up on fewer calories helping kids to feel full longer and maintain a healthy weight as they grow.

Choosing a Whole Grain - How Do I Know?

An easy way to know that you are choosing a whole grain is to look for the word "whole" on the ingredient list and to choose foods with a whole grain listed first on the label.

Examples: "whole wheat," "whole-grain cornmeal," "whole oats," and "whole rye."

Instead of	Choose
White Rice	Brown Rice
White Flour	Wheat Flour
White Bread	100% Whole Wheat or other 100% Whole Grain Bread
White Spaghetti, Macaroni, Noodles	Whole Wheat Spaghetti, Whole Wheat Macaroni, Whole Wheat Noodles
Flour Tortillas	Whole Wheat Tortillas, Whole Corn Tortillas
Crackers	Whole Wheat Crackers



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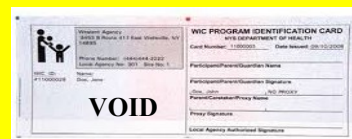
Like



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.

WIC Clinic and Office will be closed :

Monday, January 2, 2017
New Year holiday

Monday, January 16, 2017
Martin Luther King, Jr. holiday

Monday, February 20, 2017
President's Day holiday

Here's What's Cooking

Vegetarian Chili

Serves 4, Serving Size: 1- 1 1/2 cups

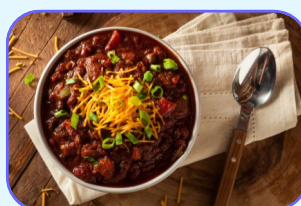
Ingredients:

- 1 medium onion*, chopped
- 2 tablespoons oil
- 3 cans (15-16 ounce each) or 6 cups cooked beans (drain and rinse canned beans)*
- 3 (14-16 ounce) cans of tomatoes (about six cups)*
- 2 carrots*, sliced
- 1/2 cup rinsed lentils*
- 1-2 tablespoons chili powder
- 1 tablespoon parsley
- 1 cup cheddar cheese*, grated
- Whole grain bread* (optional)

*WIC foods

Instructions:

1. Cook onions
2. Mix in beans, tomatoes, and carrots
3. Add chili powder to taste, add parsley
4. Simmer 1 1/2 hours, or until carrots are cooked
5. Serve in large bowls, topped with cheese
6. Serve with whole grain bread



Protect Yourself and Your Child against the Flu

Getting yourself and your child a flu vaccine (shot) each year is the best way to prevent flu infection. **Flu vaccination** is recommended for everyone 6 months and older. If your child is under 6 months old, they are too young to be vaccinated, so it is very important for you and all other household contacts to get a flu vaccine. Ask your health care provider about getting flu vaccine for your family. No health insurance? Call the Onondaga County Health Department at 435-2000 to find out how you can get a flu vaccine.

Check it out!
wicstrong.com



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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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