



# Stork Report

Onondaga County Health Department WIC Program Newsletter Winter 2018

## Pregnancy Facts: Mindful Eating During Pregnancy

Mindful eating means being in tune with your body and slowing down enough to actually taste and enjoy eating. As a mother, the goal is for our babies to be healthy and it all begins during pregnancy. Mindful eating allows us to slow down, connect with our body and it supports healthy weight gain during pregnancy.

### Tips for eating mindfully during pregnancy, and beyond:

- Take 10 seconds in the morning to focus on how you wish to live.
- Before each meal, take three deep breaths.
- Put the fork/spoon down at least 4 times during the meal. Sit back, chew, taste and enjoy the meal.
- Choose a variety of healthy foods that benefit both you and your baby.



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

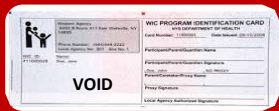
Call WIC if you cannot make your WIC appointment  
• Please call our office at 315.435.3304 if your phone number or address changes

**WIC Clinic and Office will be closed :**  
**Monday, January 1, 2018**  
New Year's Day  
**Monday, January 15, 2018**  
Martin Luther King, Jr. Holiday  
**Monday, February 19, 2018**  
President's Day Holiday



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

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



Don't forget to use your WIC checks!  
Nutrition Education + WIC Checks = **Healthy Families**



# Here's What's Cooking

## Chicken, Broccoli, and Brown Rice Casserole

### Ingredients:

2 (3 ½ -ounce) bags boil-in-bag brown rice\*  
 1 tablespoon olive oil  
 1 small onion, finely chopped (about 1 cup)\*  
 8 ounces sliced mushrooms\*  
 8 ounces skinless, boneless chicken breasts or thighs, cut into bite-sized pieces  
 ¼ teaspoon salt, divided  
 ¼ teaspoon freshly ground black pepper  
 1(12-ounce) bag microwave-in-bag fresh broccoli florets\*  
 1 ½ cups 1% low-fat milk\*  
 3 tablespoons all-purpose flour  
 3 ounces sharp cheddar cheese, shredded (about ¾ cup)  
 \*WIC foods

Source: *Cooking Light*, Ann Taylor Pittman, March 2015

### Instructions:

1. Preheat broiler to high. Cook rice according to package directions; drain.
2. While rice cooks, heat a large 12-inch ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion, mushrooms, and chicken (or try ground beef in place of chicken); sprinkle with ¼ teaspoon salt and pepper. Sauté 6 minutes or until chicken and onion are done.
3. Cook broccoli in microwave according to package directions for 3 minutes. Open package to release steam (or try cauliflower, spinach, green peas, carrots or green beans instead).
4. Combine milk and flour, stirring with a whisk or fork until smooth.
5. Stir milk mixture into chicken mixture in skillet.
6. Cook 2 minutes or until bubbly and thick, stirring frequently.
7. Stir in remaining ¼ teaspoon salt, rice, and broccoli. Sprinkle with cheese.
8. Broil 1 minute or until cheese melts and just begins to brown.



Dear Wilma WIC,

*I am currently expecting and I have been feeling very stressed out. I don't know why I feel this way but I just feel overwhelmed and moody. What can I do to manage this?*

*Signed, Excited but Anxious*

Dear Excited but Anxious,

High levels of stress can increase the chances of having a premature baby. These tips will help you feel your best and manage your stress.

- Feeling stressed or overwhelmed during pregnancy is common.
- You may be dealing with discomforts like nausea, constipation, or having a backache.
- Your hormones are changing, which can cause your mood to change.
- Thinking about labor and delivery may cause you to worry.

What can you do?

- Figure out what's making you feel stressed
- Talk to your partner, friend, or health care provider
- Keep in mind pregnancy discomforts are only temporary
- Stay healthy and fit; eat healthy foods and exercise if it's ok with your doctor
- Get plenty of sleep
- Try relaxation activities like meditation

### Breastfeeding Corner:

#### Tips for Breastfeeding and the Hospital Experience

Having a baby is an amazing event, but sometimes a birthing experience may not go as planned. It is good to plan ahead and be prepared for your hospital stay. The following tips will help you have more control over what happens to you and your baby

1. Create a breastfeeding support team
2. Find a doctor who supports breastfeeding
3. Learn as much as you can about breastfeeding
4. Plan to nurse at the hospital & feed **only** breast milk for the first 4-6 weeks
5. Practice skin-to-skin and nurse the first hour
6. Have a back-up plan
7. Limit your visitors
8. Do not give bottles or pacifiers and be aware of how formula companies promote formula use
9. Don't be afraid to ask for help

**Remember this is YOUR Experience.** Be confident that your body is capable of making all the milk your new baby needs. With a little planning you will be ready for whatever comes your way!

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

