

3 Ingredient Healthy Oat Cookies – National Raisin Day in April 30th!

Ingredients

- 1 Cup Quick Oats
- 2 Ripe Bananas
- A Handful of Raisins



Directions

1. Mash 2 ripe bananas in a bowl and mix them with oats and raisins. Don't add too many raisins or the cookies will fall apart.
2. Place about 15 small scoops on a greased or non-stick foiled lined baking sheet (flatten afterwards to form a cookie shape) and bake at 350 degrees for 10-15 minutes.

One Skillet Sweet Potato Burrito Bowl – National Burrito Day is April 7th!

Ingredients

- 1 Pound Sweet potatoes, heaping 2 cups
- 3 Tbsp. Olive Oil, separated
- 1 C. chopped sweet bell peppers
- 1 Cup brown rice
- 1 Can (14.5 oz.) petite diced tomatoes
- 1 can (15.25 oz.) black beans
- 1 C. frozen corn
- ½ tsp. minced garlic
- ½ tsp. chili powder
- ½ tsp. cumin
- 2 C. vegetable or chicken broth
- 2 Tbsp. fresh lime juice (optional)
- 1 ½ C. shredded cheddar cheese



Whatever toppings you want to add: ex. Chopped tomato, shredded lettuce, avocado, etc.

Directions:

1. Peel the sweet potatoes and chop into small pieces
2. In a large skillet over medium heat, combine 2 Tbsp. olive oil with all the sweet potatoes; add peppers after potatoes have been cooking for about 6-8 minutes if you prefer no crunch to them.
3. Sauté the sweet potatoes for 8-10 minutes until pretty tender. Add in the remaining olive oil and rice.
4. Cook, stirring constantly for 2-3 minutes over medium heat.
5. Add in the undrained diced tomatoes, drained and rinsed black beans, frozen corn, minced garlic, chili powder, cumin, peppers (if not already added), and vegetable or chicken broth. Stir well and bring to a boil, reduce heat to between low and medium.
6. Cover the skillet with a lid and allow to simmer for 15-25 minutes or until the liquid is drained and the rice is cooked through.
7. Remove lid and stir in the lime juice, if using. Top with shredded cheese and cover for 1-2 minutes to allow cheese to melt.
8. Serve and top with what toppings you have prepared and enjoy!

Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | www.ofoinc.org



Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 6:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are open on the 4th Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, April 21st.

Outreach Days*

April 6th & 16th Richfield Springs
9:45 AM – 2:00PM

April 10th Cooperstown
9:30AM – 2:00PM

April 20th Cherry Valley
9:45AM – 2:00PM

*last appointments on site days are at 1:30 pm

Important Dates

April 16th, Easter
April 21st, Community Baby Shower at Fox Care in Oneonta, 9am-Noon, come check it out!

Probiotics vs. Prebiotics: learning the difference in our diet.

-We often see and hear people talking about both probiotics and prebiotics, but what are they and how do they improve our health?

Probiotics are live, active microorganisms that we eat to alter the flora of our gastrointestinal (GI) tract for health benefits. The flora in our GI tract are a complex community of microorganisms that live in our intestines to help them function keep them healthy. These microorganisms are sometimes called “good” bacteria and compete with “bad” bacteria in the GI tract to rid the body of pathogens or increase the immune system’s response.

Probiotics may be instrumental to the treatment and prevention of certain infectious diseases, metabolic and neurologic disorders. History saw the first benefits of probiotics when fermented foods were added to the diet. There are so many strains and species of probiotics that perform certain tasks and produce different functions alone or with others. There are no probiotics that can do everything. While it is recommended to consume your probiotics through food than supplementation, supplementation offers more bacterial diversity. —Great food sources include fermented vegetables, sauerkraut, miso, fermented cheese, yogurt, pickles, kimchi, green olives, wine and sourdough bread. Manufacturers have started to add them to non-fermented

foods like water, chips and juice.

Prebiotics are specialized plant fibers that beneficially nourish the good bacteria already in the GI tract. Prebiotics help them grow and improve the good-to-bad bacteria ratio, which has shown a direct correlation to your good health and overall well-being.

Studies show that prebiotics and the balance of good bacteria in the gut play a direct role in mental health. People who consume prebiotics have fewer issues with depression, anxiety, and stress. Prebiotics decrease cortisol levels, a hormone linked to mental health disorders. Prebiotics provide a wide range of health benefits, including treating severe, chronic digestive disorders or inflammatory bowel disease. Prebiotics have been found to increase bone density, strengthen the immune system, help better-control weight and appetite and improve bowel regularity. Prebiotics are found in many fruits and vegetables, but the amounts they contain makes meeting these needs difficult. Taking a prebiotic supplement is often needed.

The differences between prebiotics and probiotics are clear; one is added to the gut while the other helps what is already there. They are both important and continue to be studied.

Breastfeeding Peer Counselor Section

How to Hand Express Breast Milk

Hand Expression is one of the best ways to express milk in the beginning and you can express more milk if using both a pump and hand expression at the same time, it is more effective than pump alone. Many new Moms aren't aware of hand expression and how to do it.

How to Express:

1. Find a private place
2. Wash your hands thoroughly
3. Gently massage the breasts.
4. Place the thumb above the nipple and index finger on the edge of the areola away from the nipple to create a C. Cup the rest of the hand under the breast against the rib cage
5. Press the thumb, middle and index fingers into the breast towards the chest.
6. Gently bring the thumb and fingers together and roll toward the areola. Don't slide the thumb and fingers on the skin.
7. Repeat in a rhythmical pattern until milk begins to flow from that area.
8. Rotate the position and repeat process until all milk is expressed.
9. Repeat with the other breast.
10. Collect milk in a clean wide-mouth container.
11. Label and store milk in the refrigerator for 4 days and it can also be frozen for up to 6 months.

Hand expression is one of the easiest ways to express milk; all you need are your hands and something to store it in. If you have any questions on hand expression, please reach out to your Peer Counselor or to the WIC staff

The Importance of Magnesium

Magnesium is a mineral we don't really talk about much and as such is under consumed. Magnesium is mostly found in our skeleton while the rest is found in blood, muscles and soft tissue. It is the fourth most abundant mineral found in the body.

Magnesium should be an important part of our diet. It is needed for the biochemical reactions of energy production, nutrient metabolism, fatty acid and protein synthesis, transmission of nerve and muscle impulses, glucose control, blood pressure regulation and the transport of calcium and potassium ions. There is evidence that suggests a correlation between magnesium and a decreased risk of cardiovascular disease.

There is continued research into Magnesium and its effects on chronic conditions. Research is currently studying the effects of magnesium therapy in the risk reduction and management of heart disease, hypertension, Type 2 Diabetes, asthma, migraine headaches, and pregnancy complications. It is currently not recommended to use Magnesium supplementation to treat diabetes due to the limited research.

Recommendations for magnesium intake depend on the person's age. A child between the ages of 1 – 3 years should get 80 mg a day, and increase to 410 mg a day for adolescent males and 360 mg for adolescent females. Adult males need 400 to 420 mg a day while adult females need 310 to 320 mg a day. Pregnant and lactating women need up to 400 mg if pregnant and 360 mg if lactating, depending on age. An infant younger than one who is breastfeeding gets what they need in breastmilk and in formula for those receiving formula.

Ensuring you get enough magnesium in

your diet is important; luckily many foods are fortified to increase your chances of meeting your daily needs. Magnesium is widely available in plant and animal foods. Soil health can impact the amount of magnesium in foods. The healthier the soil, the more magnesium. Excellent sources of magnesium include 1 oz. of dry roasted almonds and ½ cup of boiled spinach; they contain 80mg and 78 mg respectively. 1 cup of soymilk contains 61 mg, 2 slices of whole wheat bread contain 46 mg, 1 cup of cubed avocado contains 44 mg, ½ cup cooked brown rice contains 4 mg, 1 cup of low-fat plain yogurt contains 42 mg and fortified breakfast cereals usually contain around 40 mg. These are all good sources, and you can get almost all of them on WIC!

Magnesium deficiency is rare due to its abundance in foods and our kidneys limit excretion when intake is low. Chronic low levels of magnesium can affect bodily functions associated with chronic diseases like hypertension, cardiovascular disease, Type 2 diabetes, osteoporosis, Alzheimer's disease and other conditions including migraines and ADD. Alcoholism can promote magnesium deficiency and has been associated with increased risk of cardiovascular disease, Type 2 diabetes and osteoporosis. Signs of deficiency include loss of appetite, nausea, vomiting and fatigue and can progress to more serious symptoms such as seizures, coronary spasms and abnormal heart rhythm. If you think you may be deficient or have more questions, we can help!

Springtime Fun

-Spring is here and it is time to get outside and play! There may be cooler and rainy days ahead but it is still a great time to get out of the house. There are so many things you can do, it is a perfect time to teach your kids your favorite sport, baseball, tennis, basketball, you name it! The parks are open to take a stroll, ride your bike, play on the playground or even to explore. Trails into the woods can still be muddy so dress accordingly and prepare yourself! What kid doesn't like to jump in puddles or run around in the rain, warmer rain that is? I still enjoy jumping in puddles!

Easter is in the perfect time to get your family out for those annual Easter Egg Hunts. You can use real colored eggs or fill the plastic eggs with something fun. You can keep it healthy by trading candy for small packets of fruit snacks or even use the eggs to teach letters and numbers making it a learning game. What fun!

Kids use their imagination for almost everything and are great at it! When you are doing spring cleaning outside let them run around where you can see them, they can even help! They may even make it into a game and entertain you!

For your exploring pleasure, here are a Spring and an Easter Scavenger Hunt!



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