

Growing Stronger Families

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

Healthy Pita Pizzas

(It's National Pizza Month)



Ingredients

- 4 Pitas
- 6.75 oz. of sauce of your choosing (pizza, pesto, or olive oil)
- 1 1/2-plum tomatoes diced
- 1/2 bag of spinach chopped
- 4 mushrooms sliced
- 1 cup parmesan
- 5 oz. feta cheese

Directions

1. Preheat oven to 350 °F
2. Place pitas on baking sheet
3. Spread sauce on each pita, topped with chopped spinach, diced tomatoes and sliced mushrooms.
4. Sprinkle with crumbled feta and shredded parmesan.
5. Bake for 10-12 minutes and enjoy!

Healthy Popcorn without the Bag

(It's National Popcorn Poppin' Month)

Ingredients

- 1/3 cup popcorn kernels, the fresher the better
- 1/2 cup vegetable oil (if desired but not necessary)

Directions

1. Place kernels in a medium-large microwave safe bowl
2. Drizzle with vegetable oil, if using, and toss to coat completely
3. Top with microwave safe plate
4. Microwave for 3-3 1/2 minutes or until popping stops (may be more or less depending on your microwave)
5. Remove with hot pads and season as you wish or eat it plain.

Some flavors to try:

- Cheesy Garlic: 1 Tbs. Garlic powder, 3 Tbs. Parmesan Cheese, and a dash of sea salt
- Hot and Spicy: 1 tsp. Chili powder, 1/4 tsp. paprika, 1/2 tsp. garlic powder
- Salt and Vinegar: 3 Tsp. white vinegar, dash sea salt
- Dill: 2 tsp. dried dill, squeeze of lemon juice



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, October 27th.

Outreach Days

October 5th & 15th Richfield Springs
9:45AM – 2:00PM*

October 9th Cooperstown
9:30AM – 2:00PM*

October 19th Cherry Valley
9:45AM – 2:00PM*

*our last appointment on site days is 1:30pm

Closings

WIC will be closed on Monday, October 8th for the Columbus Day Holiday.

Celebrating Fall and its Food!

Fall is upon us and with it comes the different produce available in both farmer's markets and the grocery store. It is the season for apples, pears and pumpkin, but what else is there? There is a lot available from September to November including broccoli, sweet potatoes, mushrooms, garlic, grapes, butternut squash, acorn squash, cranberries, some lettuces and sunflower kernels, to name a few. There is always something in season. We just have to know what to look for.

What better way to explore and take advantage of seasonality than by going to local festivals that celebrate just that? Every year there are multiple festivals celebrating local foods and flavors. One such festival is Taste of the Catskills in Delhi, NY. This annual event celebrates local farms and produce by teaching visitors how food goes from farm to table. It occurs the first weekend in October with this year being October 6th and 7th, at a cost of \$10 for adults, \$5 for children ages 4-16 and under 4 are free. There are plenty of activities for kids and families to keep busy. For more information, visit taseofthecatkills.com.

The 9th Annual Plattepalooza is another festival celebrating the season. This festival takes place

October 6th at Plattekill Ski Mountain and is free.

Every Saturday this month, the Fly Creek Cider Mill concentrates on a local food in their spotlight series. October 6th and 7th concentrate on their dips, October 13th is Apple Salsa Day, the 14th focuses on local Honey, October 20-21st focuses on Garlic Lovers Ellbees Garlic Seasoning and the last weekend once again focuses on their dips and seasonings. The Series continues into November and every day they showcase how the press works and cider is made. It is a great place to get out and spend some time with the ducks!

Middlefield Orchard is still open and a great place to get out and go apple picking. They have their own corn maze. You can go pick pumpkins in their pumpkin patch, go for a hayride through the orchard or can just enjoy the orchard and the outdoors, letting the kids run free. If you have any Farmers Market Checks left, you can use them there too!

While the seasons are changing and the weather is getting cooler, there is still a lot of fun to be had outside and foods to enjoy. Will you go somewhere and sample or will you make your own foods of the season?

Breastfeeding Peer Counselor Section

Most Moms Can Drink Caffeinated Beverages in Moderation.

Caffeine is found in coffee, tea (black, green & white), soft drinks, energy drinks & supplements, and some over the counter pain relievers, cold remedies and diuretics.

Caffeine does cross the blood/breast milk barrier. The amount that goes into breastmilk is less than 1% of what is consumed. The level of caffeine in the bloodstream, and therefore the milk, reaches a peak about an hour after the caffeine is ingested.

Generally, it keeps Mom awake but not baby. If your baby is wakeful, jittery, or restless they may be sensitive. Babies less than 6 months of age have been found to be most sensitive. Every baby is different. Mothers who avoided caffeine completely during pregnancy seem to have infants with higher sensitivity.

It is important to be aware that caffeine may cause diarrhea, and gassiness in some babies. Excess fussiness due to caffeine sensitivity can reduce time spent at the breast, which reduces milk supply in the long-term.

If you have concerns about consuming caffeine while pregnant or breastfeeding, your WIC Breastfeeding Peer Counselor can help you with support and information.

Submitted by PC Alice

Chromium; what is it and why is it important?

Chromium is an important trace mineral that is often overlooked. While the exact action is not well defined, it is believed to be essential in enhancing the action of insulin, which is important for carbohydrate, fat and protein storage and metabolism. While there are many forms, Trivalent is the most common form in the body and is the biologically active form found in food.

Chromium enables the body to maintain normal blood glucose levels by increasing insulin sensitivity. It enhances insulin action and moves glucose in the blood into the cells. This is important for those with diabetes and blood sugar control issues. Some studies show an improvement in glucose metabolism and lipid levels for those with Type 2 diabetes that take a chromium supplement. More studies are required.

Did you know that body-builders take a chromium supplement because of the relationship between chromium and insulin? Insulin is an anabolic hormone, and with ability to maintain blood glucose levels and increase insulin sensitivity, it allows body-builders to metabolize and store carbohydrates, fats and proteins more efficiently.

While it is rare for chromium deficiency to occur, how much is actually needed? The recommended amount for those 4-8 years old is 15 micrograms a day, at age 9 it increases to 21 mcg for females and increases gradually to 25 mcg by the age of 50. For males it begins at 25 mcg and progresses to 35 mcg. Pregnant and lactating women have an increase to

29-30 mcg and 44-45 mcg, respectively. The recommended amounts decrease after 50 to 20 mcg for women and 30 mcg for males.

The best sources are in food and absorption is enhanced with foods rich in vitamin c and niacin. Most people get enough in their diet without supplementation. Getting too much chromium in its trivalent form is rare as it is poorly absorbed and rapidly excreted, those who take supplements may have issues, as they tend to ingest large amounts. Side effects of too much chromium include stomach problems, watery stool, vertigo, headaches, hives, low blood sugar and kidney or liver damage.

Those that are most at risk for chromium deficiency are pregnant and lactating women, children and people with liver or kidney disease. They should consult their doctor before taking any supplements as it may impair the absorption, enhance excretion or amplify the effects of thyroid medications, acid reflux drugs, antacids, some painkillers, insulin, beta-blockers and corticosteroids.

It is best to get chromium through diet. The best sources are broccoli (½ cup provides 11 mcg a day), 1 cup of grape juice provides 8 mcg a day, and a whole wheat English muffin provides 4 mcg. There are other sources and they need to provide 3.5 mcg a serving to be considered a good source. For example, 3 oz. of beef contains just 2 mcg, a cup of orange juice, and 3 oz. of turkey breast also provide 2 mcg. So what sources are you getting your chromium from?

Halloween Fun and Safety

It is that time of year again when the spooks, ghouls and witches come out to play. There is so much to do, kids to prepare, activities to attend and fun to be had that keep families busy.

There are many ways to have fun and keep your family safe this Halloween season. Here are some ideas:

1. Draw or paint a scary/fun face on your pumpkins instead of carving them.
2. Use a glow stick or battery operated candle to light your jack-o-lantern once you do carve it.
3. Keep your pumpkins and jack-o-lanterns on stable tables and surface to prevent them from falling over.

4. Make your own mini “pumpkin” treats to give out to trick-or-treaters. Take cuties or mandarin oranges, draw faces on them like they were pumpkins, and give those as a healthy treat!
5. Play some sensory games with your kids by making glow in the dark slime, using peeled grapes as eyes, cooked spaghetti as brains, or whatever else you can think up.
6. Do a Trick or Treat Halloween Scavenger Hunt, make a list of Halloween or Fall related items and explore your neighborhood

or look for them when trick or treating.

There is so much you can do to make this Halloween memorable. The idea is to spend time as a family and enjoy it together. For more ideas and how to make glow in the dark slime or other Halloween related crafts visit the library or simply go online, and visit Pinterest, one of in my favorite place to go!

Happy Halloween and stay safe!



USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.