

# Growing Stronger Families

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

## Overnight Oats

### Main Ingredients

1. 5.3 oz. container of plain yogurt
2. ¼ cup rolled oats
3. 1 tsp chia seeds
4. Fruit or choice of add ins

### Directions

1. Stir yogurt, oats and chia seeds together
2. Add any additional fruit, add-ins
3. Refrigerate overnight
4. Can heat in microwave if you want warm oatmeal

Add in options examples: honey, almonds, blackberries, blueberries, banana, sliced strawberries



## Mini Tortilla Pizzas

### Ingredients

- ½ green bell pepper, diced
  - 1 tsp dried basil
  - 1 small onion, diced
  - 1 tsp dried oregano
  - 1 (15 oz.) can no salt added tomato sauce
  - 1 (8 oz.) no salt added canned or fresh mushrooms
  - 8 (6 inch) whole wheat tortillas
  - 1 (8 oz.) light shredded mozzarella cheese
- Cooking spray

### Directions

1. Preheat oven to 350°f
2. Separate and arrange 8 tortillas on sprayed cookie sheets (need 2)
3. Spread ¼ cup of tomato sauce evenly onto each tortilla. Add basil and oregano. Sprinkle about ¼ cup shredded cheese onto each tortilla. Add the mushrooms, bell peppers and onions.
4. Bake until the cheese is melted and the tortillas are slightly browned (about 7-8 minutes). May use a toaster oven if desired.



### 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 4<sup>th</sup> Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, February 24<sup>th</sup>.

### Outreach Days\*

February 2<sup>nd</sup> & 12<sup>th</sup> Richfield Springs  
9:45 AM – 2:00PM

February 13<sup>th</sup> Cooperstown  
9:30AM – 2:00PM

February 16<sup>th</sup> Cherry Valley  
9:45AM – 2:00PM

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

### Closings

WIC will be closed on Monday, February 19<sup>th</sup> in observance of Presidents' Day.

## The Importance of Sleep

Sleep is very important to every member of the family. You may notice that babies sleep a lot. The three things they really do is sleep, eat and poop! As they grow, a baby's need for sleep decreases. They develop their own personality and they interact more. Parents need to sleep as well. The lack of sleep can lead to increased weight gain and a decrease in cognitive function.

Babies and children need a lot of sleep. The time they sleep allows them to process what they have learned and prepare themselves for the next day. A newborn baby needs between 16-18 hours of sleep a day. They get it by taking 3-5 naps a day and sleeping about 9 hours at night. They break sleep up by waking to eat because they have small stomachs and need to eat to sustain themselves. As the baby grows they need a little less sleep, though not much. When they are between 2-4 months old they need between 14-16 hours of sleep, taking 2- 3 naps and sleeping 9-10 hours at night. They are on a schedule. Their stomachs have started to grow and they can consume more to keep them full longer. A 4 to 6 month old baby needs between 14-15 hours of sleep with a little bit more at night, around 10 hours, and they nap a bit less. A baby from six months to a year needs about the same 14 hours total with 10-11 at night and napping only twice a day. They are being more

active and aware of what is going on and they continue to grow and develop. Napping from this point continues to decrease and by the time they are 5, they may no longer need one. Total sleep time also decreases. A 12-18 month old needs a total of 13-14 hours, the majority being at night. This continues to decrease to around 11-13 hours total by the time they are five.

It is recommended that school-age children receive 9-11 hours of sleep at night, teenagers between 8.5 and 9 hours, most adults need 7 to 9 hours, though some can go with as little as 6 and need as much as 10, depending on their lifestyle. The further we progress into adulthood the more sleep we need. It is recommended that senior citizens get between 10-11 hours a night. This enables them to take the extra time needed for their aging bodies to recover from the day. The amount of sleep we need depends on the amount we previously slept. It is called sleep debt and if you slept little the previous nights you will need to sleep longer in following nights to get out of debt. Eventually your body will demand repayment and going without sleep won't be an option. Sleep will continue to be an important need for children as they grow, learn and become more active. Sleep is the time when the body rests and repairs itself so we can continue to function. Get some sleep!

## Breastfeeding Peer Counselor Section

A WIC Peer Counselor sits down with her binder, looks over her list of participants, and picks up the phone.

One by one, she begins calling, texting, e-mailing.

Good morning, this is Alice. I'm calling to check in with you. I hope your pregnancy is going well. If you have any questions or concerns, or would just like to talk, feel free to call me back.

Good morning! I haven't heard from you in a while. Is texting still the best way to contact you? I hope breastfeeding is going well for you & your little one. Talk to you soon! <3 Emily

Dear Jane, it was so nice to see you and the twins yesterday! How did your night go, after we met? Have you had a chance to try any of the new ideas we talked about? I know your hands are full right now, so reply whenever you're able. I'll keep an eye out for your e-mails. Warmly, Ginny

Good morning, this is Heather from the WIC office. I'm calling to see how things are going with the pump we loaned you yesterday. If you have any problems or questions, please give me a call.

Your Peer Counselor looks forward to hearing from you. Call, text or e-mail her today!

## Choline: an Important and Overlooked Micronutrient.

Many people outside of the world of nutrition are unaware of choline and the important role it plays in the diet. A micronutrient is a nutrient we need on a smaller scale than other nutrients. So what is Choline, why is it important, what are the recommendations and where can we get it?

Choline is essential throughout life and is critical for brain and spinal cord development. It is crucial for brain development and cognitive learning. Research shows that it can improve memory and slow cognitive decline in older adults. Choline is part of the neurotransmitter acetylcholine. This neurotransmitter is important in muscle control, memory, mood and nervous system function. Choline is also important for the stabilization of DNA, transportation of fats and, along with folate, has the possibility of preventing neural tube defects. The neural tube runs along the spine carrying nerves and signals from the brain. A defect usually is seen when it isn't closed all the way, resulting in impaired cognitive function. Spina bifida is a well-known neural tube defect.

The FDA recommends we consume 125 mg/day of choline a day starting at 6 months of age. This recommendation rises to 550 mg/day for males 14 and older and 425 mg/day for females 14 and over. Pregnant and lactating women see it increase to 450 mg/day and 550 mg/day as they are also providing it to their baby.

There are some great food sources of choline. Two large eggs are an excellent source and provide 294 mg;

3 ounces of cooked lean beef contains 117 mg; 3 ounces of cooked beef liver contains 356 mg; ½ cup of soybeans contains 107 mg; 3 oz. of cooked Cod is 71 mg; ½ cup of cooked shitake mushrooms contains 58 mg; and 1 large red potato cooked contains 57mg. There are various ways to get the recommendation with food though many find they may need to supplement. Supplementation is usually recommended for pregnant and lactating women due to the amount they need. Supplementation can come as a single nutrient, combined with B vitamins and in some multivitamins.

The increased need for pregnant and lactating women puts them at risk for not meeting their needs. With supplementation there is still the risk as prenatal vitamins contain very little choline. The American Medical Association recommended that prenatal vitamins increased the amount they contain to recommended amount of 450mg in 2017. Those who become deficient in Choline may suffer muscle damage and nonalcoholic fatty liver disease from abnormal deposits of fat in the liver; however, this is rare.

Although over intake of this nutrient is rarely an issue, consuming more than 3,500 mg a day of choline for adults has been associated with vomiting, increased sweating, low blood pressure and fishy body odor. Those with liver and kidney disease, Parkinson's disease and depression may be at increased risk for severe side effects.

Choline is important. While many don't get what they need and toxicity is rare, we need to be conscious of all the nutrients we consume.

## Some Valentine's Day Fun!

Valentine's Day is upon us! Being creative and spending time together as a family is a great way to get children involved in showing some love.

You can:

1. Play **I Spy** by cutting out small hearts and putting them around the house for your kids to find. Try on door knobs, cabinets, walls, toys, even each other!
2. Cut hearts out of red paper, make them broken hearts with one side has the number and the other has the number of dots so kids can match them up
3. Make a handprint "flower" bouquet by putting red hand prints on paper, drawing stems and leaves, even adding a bow and turning it into a homemade Valentine. If you don't want to use your hands you can use a bunch of celery by cutting off the leafy ends, rubber banding them together and making a stamp that resembles flower petals. When you are done just cut off the end and you can still eat the rest!
4. When you go on your Winter Nature walk, you can have a little scavenger hunt. Here's a list!



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