

## Easy Bagel Recipe

### Ingredients

- 1 cup unbleached all-purpose flour, whole wheat or gluten-free mix
- 2 tsp. baking powder (make sure it's not expired or it won't rise)
- ¾ tsp. kosher salt (use less if using table salt)
- 1 cup non-fat Greek yogurt (not regular yogurt, it will be too sticky)
- 1 egg white, beaten for egg wash (whole egg works fine too)
- Optional toppings: Everything bagel seasoning, sesame seeds, poppy seed, dried garlic flakes, dried onion flakes



### Directions

1. Preheat Oven to 375F. Place parchment paper on baking sheet and spray with cooking spray to prevent sticking.
2. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until combined well. It will look like small crumbs.
3. Lightly dust flour on work surface and remove dough from the bowl. Knead the dough a few times until dough is tacky, but not sticky, about 15 turns. It shouldn't leave dough on your hand when you pull it away.
4. Divide into 4 equal balls. Roll each ball into ¾ -inch thick ropes and join ends to form bagel.
5. Top with egg wash\* and sprinkle both sides with the seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Let cool at least 10 minutes before cutting.

\* Egg wash – 'paint' the bagel with the beaten egg.

## Yogurt Pops

### Ingredients

- 6 oz. yogurt, fat-free, flavored or plain
- ¾ cups fruit juice

### Directions

1. Place yogurt and juice in a bowl and stir well to combine.
2. Pour mix into paper cups and stick a popsicle stick in the center of the mix in each cup
3. Place the yogurt pops in the freezer until they turn solid.

# Growing Stronger Families

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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 4<sup>th</sup> Saturday of the month from 8:00AM – 12:30PM. This month we are open on Saturday, June 23<sup>rd</sup>.

### Outreach Days

June 1<sup>st</sup> & June 18<sup>th</sup> Richfield Springs  
9:45AM – 2:00PM

June 12<sup>th</sup> Cooperstown  
9:30AM – 2:00PM

June 15<sup>th</sup> Cherry Valley  
9:45AM – 2:00PM

**Don't forget to celebrate Dad on June 18th!**

**Looking for a job? Check out the OFO website for some exciting opportunities. We'd love to have you be a part of the family!**

## It's National Dairy Month!

There are many types of milk out there and we are often asked about the nutritional difference between them. Whole milk, 2% milk, 1% milk and fat-free milk have very few differences while milk substitutes offer a varying range of nutrition. So how do the substitutes compare?

We are all familiar with Whole, 2%, 1% and fat-free milk. They all contain 8 grams of protein per serving. The fat content is what makes them different. The fat content is based on how much the milkfat weighs. Whole milk contains 3.25% milkfat, which raises the calorie count to 150 calories per 8 oz. serving. 2% milk contains a 2% milkfat weight but has 5 grams of fat per serving. 1% or low-fat milk contains even less with 2.5 grams of fat and 100 calories per serving. Fat-free milk contains no fat and has 80 calories per serving. All of these milks contain the same nutrients and nothing is lost as the milkfat decreases. Lactose free milk comes in the same varieties and contains the same nutrients. The difference with lactose free milk is that the sugar found in milk, lactose, is broken down and makes milk available for those with a lactose allergy or sensitivity. Milk contains calcium, potassium, vitamin D, B vitamins, Vitamin A, phosphorus, and selenium in addition to protein. It is a good source

of nutrition. Because it also contains sugar in the form of lactose, it can encourage weight gain if too much is consumed.

Those allergic to regular milk or prefer another alternative have many options. Those that are allergic to the proteins found in milk may also need to find a suitable alternative. Soy is a good option for those that can digest soy. Soy is the most nutrient compatible dairy alternative to regular milk. It contains 7 grams of protein compared to the 8 grams found in regular milk. Almond Milk contains 1 gram of protein, as does Rice Milk. Coconut milk contains less than 1 gram of protein, Flax milk contains no protein. All milk alternatives contain added sugars in addition to the added nutrients. Goat's milk is another alternative some choose. While it contains very similar amounts of protein and other nutrients, there is controversy about whether goat or cow milk is better. If you avoid dairy, look for an unsweetened alternative when choosing a milk substitute. Soy milk is the closest nutrient-wise to milk and is the healthiest alternative.

There are many dairy options out there with varying nutrition. Do your research and find what's right for you.

## Breastfeeding Peer Counselor Section

Nipple piercings and breastfeeding are both increasing in popularity and it's common to wonder how a nipple piercing might impact breastfeeding. You should know that none of the major medical organizations worldwide has yet made a statement on nipple piercing while breastfeeding.

### If you are thinking about getting a nipple piercing:

-Nipple piercings can take up to a year to heal.

-It's best to get a nipple piercing 12-18 months before you plan to get pregnant. Healing from a piercing is taxing on the body, which goes through many changes and stresses during pregnancy.

-Pierced nipples must have time to heal without saliva from the baby entering the wound, and pregnant women are encouraged to avoid increasing their risk of infection.

If you already have an established nipple piercing:

-Some people find that breastfeeding is not affected by nipple piercings that were healed before pregnancy began. Human nipples have many pores for milk to come out and it is unlikely that a well healed piercing will block all of them.

-Recent research points to some cases of lower milk production with nipple piercings. This is possibly caused by scar tissue, blocking milk ducts.

-More often, women find that when they remove their jewelry for feeding, that milk leaks out the piercing. This can be a problem if the flow is too fast for your baby.

- YOU MUST remove jewelry before feeding. This eliminates the risk of your baby choking on your jewelry. It also helps avoid developing latch problems, or damaging the inside of baby's mouth.

Source: <http://breastfeedingtoday-llli.org/body-mods-piercing-tattoos-breastfeeding/>

Submitted by Peer Counselor Emily

## The Hidden Sugar Content in Beverages

Not many people realize there is hidden sugar in almost everything we drink. We are aware of juice and soda having added sugar, but what about other sweetened beverages that we don't often think of? Sports drinks are marketed towards health and improving sports performance.

Some can have more sugar than soda. Regular bottled tea often has added sugar even if labeled unsweetened. The safe bet with tea is to make your own so you can monitor what you add to it and the same with coffee.

So how much sugar do our favorite beverages contain? How much is safe to consume a day? The USDA and the American Heart Association suggest an average woman consume less than 5-6 teaspoons of added sugar a day, an average man no more than 9 teaspoons a day. (Normal refers to healthy individuals that are not on a special diet and do not have to monitor their sugar intake, i.e. those with diabetes.)

A fountain soda, like Coke, from McDonalds or other fast food restaurant can contain 11 teaspoons of sugar in a small, 14 teaspoons in a medium and a large contains 19 1/2! The 20 oz. bottle of Coke we find in convenience stores contains 15 1/2 teaspoons and Pepsi contains 16 1/2. Smaller 12 oz. cans contain 9 1/2 and 10 teaspoons respectively and even Ginger Ale contains 7 1/2 teaspoons per 12 oz. can.

Sodas are usually what we think of as having the most added sugar. There are energy drinks that contain almost as much. A 16 oz. NOS energy drink

contains 12 1/2 teaspoons, Monster contains 13, Amp contains 14, SoBe Citrus contains 15 teaspoons. What we think is healthy can often be misleading. A 20 oz. Vitamin Water contains 7 1/2 teaspoons of added sugar. That's as much as a 12 oz. can of Ginger Ale.

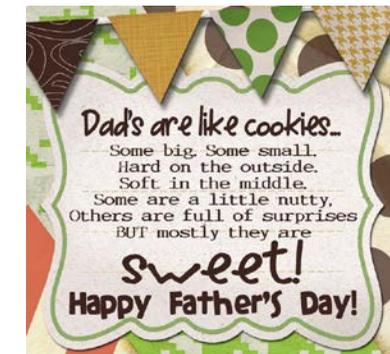
Juice is often considered a healthier option. 100% Fruit Juice like Welch's Grape Juice with no sugar added can contain up to 8 1/2 teaspoons in every 8 oz. serving. Minute Maid OJ contains 5 1/2 teaspoons and POM Wonderful Pomegranate Juice contains 7 1/2 teaspoons of sugar. Sugar from juice can add up. These totals are just from those without sugar added. Fruit drinks like Capri Sun contain 3 teaspoons per 6 oz. pouch, 8 oz. of Hawaiian Punch contains 3 1/2 teaspoons, and even 8 oz. of V-8 Splash contains 4 teaspoons.

It is important to be aware of the added sugar you are eating and drinking. A 1/2 teaspoon of sugar adds 8 calories to your intake. That 12 oz. can of Sprite adds 150 non-nutritive calories. Sugar is added to everything and beverages are often over looked along with the calories they add. There is a growing amount of concern regarding sweetened beverages and weight gain. Sugar effects dental health as well. The longer sugar sits on teeth, the more chance of tooth decay and other dental issues. Sugar eats away at the enamel. Dental issues lead to other issues which impact our ability to eat and drink. Be mindful of your beverage choices, just as you are with your food choices. If you have questions, we can help!

## Fun Activities and Games to Play with Dad on Father's Day

There are so many things you can do to spend time with Dad on Father's Day, even if it is just hanging out watching a movie or playing games. Here are some fun ways to hang out with him!

1. Go fishing. Have Dad show you how, teach you some tricks and share some stories from when he was younger.
2. Do a board game marathon, remember to use age appropriate games for your kiddos and watch the competitive streak come alive.
3. Go for a bike ride around the neighborhood or around the park.
4. Do a puzzle together
5. Go on a scavenger hunt.
6. Do an in-home cooking class where Dad teaches the kids how to make something he loves. They can help and even dress the part by wearing aprons.
7. Go for a hike on a trail. You can call it a nature walk for the kids and don't forget the sunscreen and bug spray.
8. Have a day of sports in the park or your backyard by playing football, soccer, basketball, whiffle ball, whatever he loves to play.
9. Have a carpet picnic of his favorite meal and movie to wind down.
10. Make homemade ice cream. You don't even need an ice cream maker. There are so many recipes on Pinterest.
11. Do something he loves, like go to a car show, an amusement park, bowling, go to a sports park, go to a baseball game or even a local event or festival.



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