



Opportunities
FOR ONEONTA

THE CHILDREN'S CENTER



3/12 – Daylight Savings

3/17 – St. Patrick's Day

3/20 – Spring Equinox

*First Day of Spring



TCC Happenings

March 2017

Easy Baked Chicken Dinner and Vegetables



Ingredients:

- Package boneless, skinless chicken breasts
- Green Vegetables of your choice (try broccoli and carrots, green beans, or even canned veggies!)
- Potatoes (red potatoes work well)
- 1 stick of butter
- 1 package of Italian Dressing Mix (try zesty Italian)
- Foil



Directions:

- 1.) Place chicken breasts in center of a 9x13 baking dish
- 2.) Cube potatoes and place on one side; place vegetables on other side
- 3.) Sprinkle packet of Italian dressing over chicken and vegetables
- 4.) Melt butter and pour on top
- 5.) Cover with foil and bake at 350 degrees for 1 hour



Opportunities
FOR ONEONTA

WOMEN, INFANTS &
CHILDREN (WIC)

WIC provides supplemental food, health care referrals, and nutrition education for income-eligible pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. The program is linked to positive birth outcomes and enhances the overall health of pregnant women, new mothers, and infants. Fathers, grandfathers, foster parents, or other caregivers may apply on behalf of children under age five who are in their care.

Services offered by WIC:

- Checks for milk/milk substitute, vegetables and fruits, cheese, peanut butter, whole grain cereals, bread, brown rice or tortillas, dry beans, eggs, infant formula, and baby food
- Farmers' Market Coupons (seasonal)
- Information on healthy eating and wellness
- Referrals to supportive services
- **Monthly newsletter**

Breastfeeding mothers can also receive the following services:

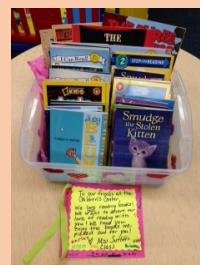
- An enhanced package that includes canned tuna, salmon, sardines, or mackerel
- Hospital-grade electric breast pumps to encourage and support breastfeeding
- A breastfeeding-friendly clinic site
- Support from Peer Breastfeeding Counselors

Get help today:

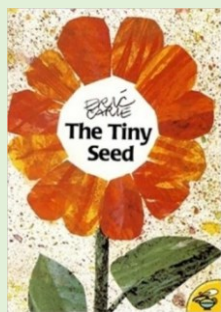
- Visit our main clinic at **3 West Broadway, Oneonta**
- Call us at **607.433.8071**
- Our hours are
 - 8:00 AM - 5:00 PM, Monday- Friday (except as noted below)
 - 8:00 AM - 6:00 PM, Wednesday
 - 8:30 AM - 12:30 PM, 4th Saturday of each month



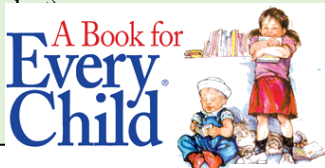
Abbie Sutliff's 3rd Grade class at Marcy Elementary School for your gracious donation of Books!



To the Marketing Club at SUNY Oneonta which donated items on The Children's Center Wish List!



Eric Carle's classic story of the life cycle of a flower is told through the adventures of a tiny seed. Get your copy today (while supplies last).



That visits The Children's Center



Top 10 Budgeting Tips for 2017!

1. Have a Plan: Use bank resources, such as apps & online calculators to chart expenses, create a budget, & learn how to make your money grow!
2. Directly Debit: Set up an automatic transfer to your savings account to save a little something every payday.
3. Buy in Bulk: Buy essentials, such as toilet paper, in large quantities when it's on sale.
4. Fill your Freezer: Pre-cook & freeze meals. You'll be prepared to ward off the temptation to eat out & lower energy costs when your freezer is full!
5. Pay with Cash: Take out a set amount of cash each week so you only spend what you have on hand.
6. Cut the Habit: Save the money you spend on buying daily coffees or single packaged drinks.
7. Use a Piggy Bank: Put coins in a Piggy bank when you break a note to stop spending loose change & set aside a cash savings fund.
8. Try Public Transportation or Car Pool: Share rides with friends or take the bus to lower gas & auto maintenance costs.
9. Use Coupons: Search the web for money-saving coupons for things you already buy.
10. Over-Budget: Add a little extra to your planned budget to allow for price changes & save any extra cash for a family treat!



The Children's Center Wish List

Thank you for your generous support! We appreciate your assistance if you are able to contribute any of the items below:

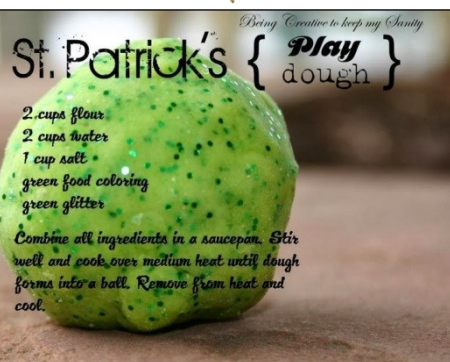
- Batteries for toys
- Books (board, picture, and chapter styles)
- Child-sized quilts
- Construction paper
- Journals for school-age children
- Jumbo size zipper bags
- Crayons
- Glue Sticks
- Pencils
- Soap Bubbles

As our program serves many young children who love to put items in their mouths, donations of new items are greatly appreciated. The Children's Center will accept gently used clothing for our young ones who may have toilet training accidents.

Donations may be dropped off at: The Children's Center, Otsego County Family Court Building, Second Floor, Cooperstown, Monday – Friday, 9:00AM – 4:30PM OR Opportunities for Otsego, 3 West Broadway, Oneonta, during regular business hours: Monday – Friday, 8:00AM – 5:00PM



Can You Find These Pictures in the New York Times?



Springtime

(To the Tune of "Are You Sleeping?")

I see rain clouds.

I see birds' nests,

Butterflies too!

Flowers too!

Everything is growing.

The wind is gently blowing.

Spring is here!

Spring is here!



Opportunities for Otsego provides drop-in for children, ages 6 weeks to 12 years, through The Children's Center. This **free** service is open 9:00 AM to 4:30 PM every day that court is in session. The Children's Center is closed for lunch from 12:30 PM to 1:00 PM.

P: 607-322-3139 | W: www.ofoinc.org
197 Main Street, 2nd Floor, Cooperstown

OFO's Mission is to be the leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.