

WIC Life – Jan. '20

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
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What is WIC Life?

WIC Life is our new newsletter format with tips and tricks to help you make the most of your WIC enrollment. Whether you're interested in diet tips, ways to stay active, shopping tips, or healthy recipes, we're sure you'll find something of interest in each newsletter. And don't forget to check the WIC section of the Opportunities for Otsego webpage for our online edition.

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, January 25, 2020.

Outreach Days

Richfield Springs	January 3 rd & 27 th 9:45AM – 2:00PM*
Cooperstown	January 14 th 9:30AM – 2:00PM*
Cherry Valley	January 17 th 9:45AM – 2:00PM*

*Our last appointment on site days begins 1:30 PM

Closings

WIC will be closed on January 1st for New Year's Day and January 20th in recognition of Martin Luther King Day

Contact Us:

Phone: 607.433.8071 or 607.433.8000
Fax: 607.433.8066
Email: ask_ofo_@ofoinc.org

Shopping with Susan WIC Shopping Tips from a Real WIC Mom

Did you know that you are not only allowed to use coupons with programs like WIC to lower your total bill, but that doing so is encouraged? Using coupons saves the program money, allowing more families in need to receive assistance. Use coupons, store discount cards and sale promotions to get the most out of your WIC benefits. For example, use your store discount card when the store is offering a sale or a "Buy One Get One Free" promotion on a WIC approved item. Remember to present you store card, and/or coupon right at checkout, before you slide your eWIC card. Then finish your WIC transaction at normal.



Move It to Lose It Diet and Physical Activity Tips

Ask people what their top two New Year's Resolutions are and most usually respond, "Eat Healthier" and "Lose Weight". WIC foods can definitely help you or your child eat healthier. But did you know that simply cleaning your house can also help you lose weight? For example, an hour of floor mopping can burn 153 calories, more than you would burn walking at a leisurely pace for a mile. Giving your shower stall or tub a good, thorough scrubbing with all the bending and stretching that goes with that, can burn about 90 calories in 15 minutes. Similarly, if you really get into floor scrubbing (we're talking Cinderella type scrubbing on your hands and knees), you can burn roughly 187 calories in 30 minutes. If you crave outdoor activity, there's always snow shoveling! "A 155-pound person shoveling snow for 30 minutes burns about 223 calories, according to [Harvard Health Publishing](#). However, that number is 180 for a 125-pound person and 266 for a 185-pound person." Look at it this way, a sandwich made with WIC whole wheat bread and WIC peanut butter has around 342 calories. Do a little scrubbing, a little mopping, and you get to enjoy the healthy benefits of a plant based protein source (peanut butter) and fiber rich whole wheat bread with absolutely no damage to your resolution to lose weight!

What's Cookin' with Barb & Heather

Broccoli Cheddar Tater Tots

Prep Time: 20 minutes
Cook Time: 35 minutes
Total Time: 55 minutes
Servings: 6
Serving Size: 8-10 tots

Nutrition Information per serving:

Calories: 225, Total Fat: 12g, Sodium: 571 mg,
Carbs: 20g Dietary Fiber: 2.6g, Protein: 9 g.

Ingredients

- 1/2 pound frozen broccoli florets, thawed or use 1/2 pound fresh broccoli
- 3 cups mashed potatoes
- 1 cup shredded cheddar cheese
- 1/4 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1 large egg

Instructions

1. Preheat oven to 425°F and line a baking sheet (approximately 17 inches x 11 inches) with parchment paper.
2. Drain thawed broccoli florets, or cook fresh broccoli and finely chop (or use food processor).
3. Place 3 cups of chilled mashed potatoes in a large bowl and mix with the chopped broccoli, shredded cheese, and seasonings.
4. In a small bowl, whisk 1 large egg and add to the potato mixture, and mix well.
5. Using your hands, shape small amounts (approximately 1 1/2 tablespoons) of potato mixture into tots.
6. Place tots on baking sheet, spray with vegetable oil and bake for 25 minutes. Remove from oven, use spatula to turn to allow for even browning and return to oven for an additional 15 minutes.
7. Serve hot with dipping sauce of choice (such as Greek yogurt, ketchup, or barbecue sauce).

Should make approximately 50-60 tots per recipe

***Tip: Get kids involved in the kitchen! Ask kids to help you shape potato mixture into tots! Ages 3+ 6

Inside Scoop:

WIC News You Can Use with Mary System Maintenance Weekends

The first Sunday of most months from 7 PM – 11:59 PM is part of a system maintenance weekend. The bad news is that for that time, the WIC2Go app is not available to let you know what benefits you have left in your account, to scan items, or look at appointment reminders.

The good news is that you still are able to shop! You can call 1-844-540-3013 to check your benefit balance. You can also use the WICConnect website or your last shopping receipt to see what benefits you have available.

Family Life Hacks– Low cost, No Cost Family Fun with Maryann

Now that we have snow, it is time to have fun with it! Bundle up and go out and play in it! Make snow angels, build a snowman or snow fort, have a snowball fight or go sledding.

If you don't have the equipment, or need to get bigger sizes, look for items at consignment shops. Get out there and dive into the white stuff!

Have fun together and enjoy!



Peer Counselors' Corner Words from Wise Women with Ginny & Alice

Tips for Breastfeeding Success: part I

-Unless necessary, delay introducing artificial nipples (bottles and pacifiers) to your newborn Baby for at least the first month. Using pacifiers may mask a Baby's hunger, leading to poor weight gain and poor milk supply. They can also cause confusion as the new Parents are learning the Baby's individual feeding cues. Giving bottles, especially if they are given in a way that does NOT mimic breastfeeding, may cause the baby to develop a preference for the bottle.

-Babies find comfort at the breast, or snuggled skin to skin in a loving person's arms. If their need to suck exceeds the Parent's comfort at the breast, a break can be offered by any gentle person, whose clean finger with well-trimmed nails can be inserted upside down (nail against the tongue) in the baby's mouth.

-If Baby must have supplemental feedings, there are multiple ways. If Parents wish to avoid the risks of giving bottles, they may want to talk with their healthcare providers about their options. A feeding tube or syringe can be used in the corner of the mouth to provide supplemental nutrition while latched at breast. (continued on p. 4)

Nutritionist's Choice

Here you will find an interesting article on a nutrition topic written by one of our WIC nutritionists or a guest nutritionist. We want you to know why and how what you eat matters.

January is Birth Defects Awareness Month

Birth defects are a fear every parent has once they learn they are expecting. According to the CDC, one of every 33 babies in the U.S. are born with a birth defect every year. That's about 3% of all babies born. Birth defects are the leading cause of infant deaths or about 20% of all infant deaths in the U.S. It is very scary but can be prevented. What are birth defects, what causes them and how can we prevent them?

A birth defect is defined as any structural change present at birth that can affect almost any part or parts of the body. They may affect how the body looks and/or works and can be mild to severe. The well-being of the child affected depends mostly on which organ or body part is involved and how much it is affected. The severity in each instance may affect their life expectancy, depending once again on the body part affected. A birth defect can be found prior to birth, at birth or any time after birth, with most being found within the first year of life. Some defects are easy to see while others are found using special tests such as a cleft lip/palate versus a heart defect or hearing loss.

Birth defects can occur anytime during development, though most develop in the first 3 months of pregnancy, usually when the organs are forming. Some defects occur during the last 6 months while the tissues and organs continue to grow and develop. Most birth defects have an unknown cause as a complex mix of factors likely causes them. Some causes are evident as with fetal alcohol syndrome. Factors that can influence the development of birth defects include genetics or our behaviors and things in the environment. Through research, scientists have learned a lot about birth defects.

Behaviors and circumstances that can increase the chances of a baby being born with birth defects are:

1. Smoking, drinking alcohol, or taking certain "street" drugs during pregnancy
2. Having certain medical conditions, such as obesity or having uncontrolled diabetes before and during pregnancy
3. Taking certain medications, such as isotretinoin, which is used to treat severe acne
4. Having someone in your family with a birth defect. A geneticist will help determine your risk.
5. Being an older mother, typically over 34 years old.

Having any of these risks doesn't mean you'll have a child with a birth defect and babies can be born to those without any of these risks. Talking to your doctor about what can reduce your risks is important.

Some birth defects can't be prevented but women can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant. Here are some ways to help increase your chances of having a healthy baby.

1. **Plan ahead.**

- **Get 400 micrograms of folic acid every day.** Folic acid is a B vitamin and can help prevent major birth defects of the developing spine and brain (anencephaly and spina bifida). Women can get folic acid from fortified foods, supplements or both in addition to a varied diet rich in folate.
- **See a healthcare professional regularly.** A woman should see her doctor when planning to become pregnant and start prenatal care as soon as she thinks she is pregnant. Seeing your doctor throughout your pregnancy will help monitor and catch any issues early while making sure development is on track and all are healthy. It is important not to miss any of these important appointments.

2. **Avoid harmful substances.**

- **Avoid alcohol during pregnancy.** Alcohol in the bloodstream passes to the developing baby through the umbilical cord. There is no safe amount of alcohol use during pregnancy or while trying to get pregnant. Drinking alcohol can cause miscarriage, stillbirth and a range of lifelong physical, behavioral, and intellectual disabilities. These disabilities in the child are known as fetal alcohol spectrum disorders.
- **Avoid smoking cigarettes.** The dangers of smoking during pregnancy include preterm birth, certain birth defects (cleft lip or cleft palate), and infant death. Even being around tobacco smoke puts a woman and her pregnancy at risk for problems. Quitting before pregnancy is best but those who are pregnant can still quit to help prevent some health problems for the baby like low birth weight. It is never too late to quit.
- **Avoid marijuana and other drugs.** A woman who uses drugs during pregnancy can have a baby who is born preterm, of low birth weight, or has other medical problems. Marijuana is the most commonly used drug during pregnancy and there is no safe level of marijuana during pregnancy or when trying to become pregnant. Those using it for medical reasons should consult with their doctor about alternative therapy with pregnancy safe data.

Nutritionist's Choice (continued from page 3)

January is Birth Defects Awareness Month

- **Prevent infections.** Some infections during pregnancy can be harmful to the developing baby and cause birth defects. Talk to your doctor about how you can prevent them.
 - **Avoid overheating and treat fever promptly.** Overheating can increase a woman's chance of having a baby with a neural tube defect. Fever or exposure to excessive heat increases the core temperature. Protecting against infections, treating fevers promptly and limiting environmental exposures known to increase core body temperature can help reduce the risk of having a baby born with a neural tube defect.
2. **Choose a healthy lifestyle.**
- **Keep diabetes under control.** Poor control of diabetes during pregnancy increases the chance for birth defects and other problems during pregnancy for both mother and baby.
 - **Strive to reach and maintain a healthy weight.** Women who are obese before pregnancy have a higher risk of complications during pregnancy. Obesity increases the risk for several serious birth defects. Getting healthy before pregnancy can help boost a woman's health and mood while making the pregnancy easier once she does become pregnant.
3. **Talk with your healthcare provider:**
- **About medications** as certain medications can cause birth defects. The safety of some medications during pregnancy has been hard to determine even though some are needed to treat serious conditions. Talking to your doctor about these medications will help determine any acceptable alternatives, lower doses and even weaning off and stopping altogether.
 - **About vaccinations.** Most vaccinations are safe during pregnancy and some vaccinations are specifically recommended during pregnancy like the flu shot and the Tdap. Some vaccines protect against infections that cause birth defects and having the right vaccination at the right time can help both Mom and baby stay healthy. Pregnant women are more prone to severe illness from the flu when compared to their non-pregnant counterparts. Their immune systems are weaker and easier to compromise. The flu shot is an important step in protecting against the flu and possible complications during pregnancy. It has been shown to protect not only mom, but baby for up to 6 months after delivery, as well.

Pregnancy is an exciting time and often stressful. Knowing that you are doing all you can to protect and get ready for your baby by staying healthy during pregnancy and birth, will help with your peace of mind. Your doctor can help you have your healthiest pregnancy and increase the chances your baby will be born healthy. It is important to see your doctor throughout your pregnancy starting at its earliest point. If you have concerns, reach out to your doctor and we at WIC will help in any way we can.

Peer Counselors' Corner Words from Wise Women with Ginny & Alice (continued from page 2)

Tips for Breastfeeding Success part I

Those items can also be used attached to a clean finger with well-trimmed nails, inserted upside down (nail against the tongue) in the baby's mouth. A small cup can be used with even the youngest of healthy babies, as can a spoon.

-You can make choices that are right for your family's situation.

Reach out to your Peer Counselor for more information or to talk things through.

Submitted by Alice & Ginny
Breastfeeding Peer Counselors

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Civil Rights
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Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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