

Spring 2017

# SCEOC—WIC NEWSLETTER



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## WIC Closings

- Monday, May 29th, Memorial Day
- Tuesday, July 4th, Independence Day

## Farmers Market

Mark your calendars! June 1st will begin Farmers Market check issuance! Each household is eligible to receive \$24 worth of Farmers Market coupons to purchase locally grown fruits, vegetables and herbs at participating markets. Please keep in mind, supply is limited, so we ask that you only accept the coupons if you plan to use them!

## Container Gardens

Growing your own vegetables is a great family activity! Container gardens do not require a lot space and are cheap. They are also low maintenance. You can use just about anything to grow vegetables, fruits or herbs. Follow these few steps to have success in growing your own garden! 1. Pick a container (Think about size, drainage, material) 2. Pick soil—the best kind of soil to use is a mix of compost and peat moss (bought at a garden store) 3. Pick out your seeds! Some great starter options are herbs (any kind) peppers, tomatoes, onions, eggplants, summer squash, broccoli, cabbage and any other seasonal crops!

## Breastfeeding Corner

**False Alarms** when it comes to your Breastmilk Supply:

**Frequent Feeds:** Eating often is normal for a newborn. Growth spurts occur around 10 days, 3 weeks, 6 weeks and 3 months of age. During these times, your baby may eat more often.

**Baby takes a bottle after breastfeeding:** Babies are born with the instinct to keep swallowing so they don't choke. Bottles flow fast, babies will drink the bottle. This does not mean they were still hungry or didn't get enough at the breast. Giving the baby a bottle may decrease your milk supply and/or cause over feeding of your baby.

**Breast Changes:** Just as your breast changed during your pregnancy, your breasts will change while you are breastfeeding. They will be soft right after delivery, become full about 2-5 days after delivery and become softer again around 2 weeks after birth. These changes do not mean you are "drying up", it simply means your body is adjusting to your baby's needs.

## Fruit and Veggie fun!

**Q: What kind of vegetable can you not take on a boat?**

**A: Leeks**

**Q: When is an apple not an apple?**

**A: When it's a pineapple!**

**Q: What kind of flower should never be in a vase?**

**A: Cauliflower**

**Q: Did you hear the joke about the peach?**

**A: Its pit-iful**

**Q: What is a dancer's favorite vegetable?**

Use your Farmers Market checks to try new fruits and vegetable!



# Estimating Portion Sizes

## Using your hand!



1 closed fist is equivalent to: 1 cup

Medium sized fruit, cooked veggies, beans, yogurt, rice, cereal



1 palm is equivalent to: 3oz

meat, fish or poultry



1 hand is equivalent to 6 inches:

Bread, pizza, burger, pita bread, sandwich



1 cupped hand is equivalent to: 1/2 cup

Pasta, ice cream, potatoes, almonds



1 thumb tip is equivalent to: 1 tablespoon

Salad dressing, peanut butter, cheese, mayo

## WIC Recipes

\* Indicates WIC approved foods

### Frittata Muffin Recipe

#### Ingredients

- 6 eggs\*
- 1/2 cup milk\*
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup shredded cheddar cheese \*
- 3/4 cup chopped zucchini\*
- 1/4 cup chopped red bell pepper\*
- 2 tablespoon chopped red onion\*



#### Directions

1. Heat oven to 350 degrees
2. Beat eggs, milk, salt and pepper in a medium bowl
3. Mix well
4. Add cheese, zucchini, bell pepper and onion
5. Mix well
6. Spoon evenly into 12 greased muffin cups (about 1/4 cup)
7. Bake for 20-22 minutes
8. Remove from cups, serve warm

### Mexican Bean and Rice Salad

#### Ingredients

- 2 Cups brown rice\*
- 1 can kidney beans\*, rinsed and drained
- 1 can black beans\*, rinsed and drained
- 1 can corn\*, drained
- 1 small onion\*, diced
- 1 green bell pepper\*, diced
- 2 jalapeno peppers\*, seeded and diced
- 1 lime\*, zested and juiced
- 1/4 cup cilantro\*, chopped
- 1 1/2 teaspoon ground cumin
- 1 teaspoon minced garlic



#### Directions

1. In a large bowl, combine brown rice, kidney beans, black beans, corn, onion, green pepper, jalapeno, peppers, lime zest and juice, cilantro, garlic and cumin
2. Lightly toss ingredients to mix
3. Sprinkle with salt to taste
4. Refrigerate salad for 1 hour, toss again, serve

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