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WIC Newsletter

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WIC

CLOSINGS

- Monday, January 1st, New Year's Day
- Monday, January 15th, Martin Luther King Jr. Day
- Monday, February 19th, President's Day

WINTER WEATHER

WINTER IS HERE! AS WE ALL KNOW, WINTER CAN BRING SNOW, ICE AND COLD WEATHER. THESE CONDITIONS CAN MAKE TRAVELING DIFFICULT. IF BAD WEATHER OCCURS ON THE DAY OF YOUR WIC APPOINTMENT GIVE US A CALL, WE MAY NEED TO RESCHEDULE IT. PLEASE REMEMBER TO UPDATE YOUR PHONE NUMBER WITH US, SO WE CAN REACH YOU IN THE EVENT OF A WEATHER EMERGENCY.

Simple Recipe Swaps

People often look for comfort, warm and hearty foods in the winter. We want foods that keep us warm when the weather has us freezing! The holidays bring out ancient family recipes loaded with sugars, fats, and extra calories. Follow these simple recipe swaps without jeopardizing taste:

- * Use chicken or vegetable broth— instead of butter or cream when making mashed potatoes
- * Use unsweetened applesauce, mashed bananas, pureed beans or canned pumpkin— for oil, or butter/margarine in baked goods such as muffins and brownies

- * Try low-fat plain yogurt— instead of sour cream
- * Use whole wheat flour— instead of white flour



- * Dried fruit— Use dried fruit instead of chocolate in cookies, or candies
- * Use evaporated skim milk — instead of heavy cream in cream soups, and desserts such as custards or pies

- * Use chopped nuts in salads— instead of croutons, it still gives you that desired crunch without the extra calories
- * Use herbs or spices— spices and herbs can be used instead of salt or sugar
- * Replace bread crumbs with rolled oats or crushed bran cereal— these are excellent replacements in meatballs and meatloaf

For more healthy recipe replacement options, please ask a WIC nutritionist!

Breastfeeding Corner— What is a Peer Counselor?

Peer Counselors are women in the community with personal breastfeeding experience who provide information and support to other mothers. Peer Counselors understand the challenges of breastfeeding and want to help mothers overcome any hurdles they may encounter. Peer Counselors act as men-

tors or friends giving new mothers confidence and support before and during the breastfeeding process.

Peer Counselors are:

- * trained with NYS Loving Support Curriculum
- * ready to get you prepared to breastfeed and support you after delivery

- * available during and outside WIC office hours via text, email, Facebook and phone calls. Also available for home visits, hospital visits, meeting at the local library, etc
- * good listeners and share current breastfeeding information
- * genuine

For more information please ask a WIC nutritionist or call us!

One Pan Mexican Sweet Potato Bake



Ingredients

- * 2 large sweet potatoes*
- * 2 red bell peppers*
- * 1 green bell pepper*
- * 2 jalapeno peppers*
- * 1 cup corn kernels*
- * 1 can black beans*
- * 3 tablespoons oil
- * 2 teaspoon smoked paprika
- * 2 teaspoon ground cumin
- * 1 teaspoon chili powder
- * 1 teaspoon salt

Directions

1. Preheat oven to 400 degrees. Grease or line a baking sheet with parchment paper
2. Place diced sweet potatoes on baking sheet and toss in 2 tablespoons of oil. Sprinkle with salt and bake for 15 minutes and then set aside
3. Add diced, drained peppers, beans and corn on top of sweet potato, then add 1 tablespoon oil
4. Sprinkle on seasonings and then mix
5. Bake in oven for 15-20 minutes until peppers are light brown

* Indicates WIC approved items

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www.saratogaec.org

Flavored Waters-Are They a Good Alternative?

Water plays a major role in the way our body functions. Without enough water, we often feel sluggish, have low energy, and feel irritable. Water also helps our skin stay hydrated, regulate bowel movements, prevent overheating and replace water lost when we sweat. A good indicator to determine if we are hydrated, is by the color of our urine. Urine should be a light/pale yellow or clear color with no odor. An active child requires about 6 cups of water per day.

It is important as a parent to set a good example and offer healthy options. If juice, sports drinks, flavored waters or soda are kept in the household, it will be the first thing children ask for. Learning to like plain water can take a little while. Just like any other healthy option, it can take mul-

tle introductions before they become use to it. Many kids like freezing cold water, or freezing water with something special in it like lemon slices, orange slices, lime slices, mint springs, ice cubes, or simply in a special water bottle! Flavored waters are ok once in a while. Flavored waters should be used as a treat and not everyday. There is limited research



One, of many, types of flavored water

on the effects of artificial sweeteners on kids. Flavored waters have some form of sugar, it can be high fructose corn syrup, aspartame, stevia, etc. We are also relying too heavily on adding sweeteners to our daily lives. By adding sugar or sweetened items to our daily diet, we start to crave foods with more sugar. A plain fruit is no longer as sweet as it once was due to the high amount of sugar and artificial sweeteners we are exposed to.

Flavored waters can be used an alternative to fruit punch, kool-aid or sodas. If a child is use to drinking different sugary beverages daily, flavored water can be used as an alternative to reduce the amount of calories and wean a child from the beverages they typically drink. All in all, flavored waters should only be used as a treat.