

Spring 2018



Saratoga County EOC



Screen Free Week

April 30th-May 6th

Screen Free week is an annual week where families and individuals are challenged to break free from electronics and focus on being creative through play and art, reading, being active and spending more time with loved ones.

As a society we are losing focus on what electronics were developed for. We rely too heavily on digital entertainment and do not allow our children to develop physically, socially or academically. Some easy ways to connect with your children are to chat in the car, cook meals together (kids can stir and measure), and to sing songs and tell stories during bath

time. Children who spend less time in front of screens tend to fall asleep faster, sleep longer, eat healthier and get more exercise.

Children learn best when they use all 5 senses, use hands on play, through conversations and when adults read to them. There has been no evidence proving early introduction of electronics helps them succeed in this electronic filled world!

Remember kids learn habits from parents and caregivers! Be a role model, limit screen time, choose healthier foods and be active throughout the day!



Farmers Market

Mark your calendars! June 1st will begin Farmers Market benefits! Each active participant over 9 months of age by September 30, 2018 is eligible to receive \$20 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! When all \$20 are used, tell any WIC employee to be entered into a drawing! Congratulations to our winners last season, Kelsey (Salad bowl set), Julie (griddler set) and Emily (crock pot set)!

Breastfeeding Corner

Breastfeeding during the first few months:

- Within 2 weeks after birth, colostrum is completely replaced by mature milk.
- Within the first month of breastfeeding, most mothers notice that their breasts feel softer and not as full as they did at first. This is completely normal.
- Most exclusively breastfed newborns need to nurse on average 8-12 times in 24 hours in order to get the milk they need.
- The healthy baby with a good suck will naturally settle into the pattern of breastfeeding that is right for him.
- When baby is allowed to finish first breast first, before mother offers the second, he will get the proper balance of fluid and calories.
- During growth spurts

babies may “cluster feed”. This is when feedings are close together at certain times of the day. Many moms think this is a sign that she does not have enough milk but that is not the case. “Cluster feeding” is actually a common feeding pattern for most young breastfed babies.

Source: LLLI The Breastfeeding Answer Book, 3rd edition.

Welcome Aboard!

Please help us welcome Peggy Hall. Peggy is joining us with 8 years of WIC experience. We are pleased to have her join our team as a Medical Nutrition Assistant!

Saratoga County EOC

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For more information about current happenings, please visit our website at www.saratogaecoc.org or like us on Facebook!



'Saratoga County EOC is an equal opportunity provider'

T-6 months until eWIC!

What is eWIC? eWIC is the new way we will be issuing WIC benefits. Participants will no longer bring paper checks to the store, instead, participants will be using a WIC EBT card referred to as eWIC. eWIC will allow for an easier checkout at the register, you can pick and choose what food you want to buy at that time and only one card will be used for all members in your family. Saratoga County EOC-WIC will be closed the week of September 17th to allow for the conversion and training of our staff. Please be patient with us during this time. We will continue to keep all participants updated and answer questions as they become available. If you have friends or family in the Capital District on WIC, they may start using eWIC before September, just keep reminding yourself it is coming to Saratoga County EOC-WIC soon!



Kid-Friendly Hawaiian Chicken Kabobs with Brown Rice



Ingredients

- 1 pound boneless chicken breast, cut into bite size pieces
- 2 Tablespoon soy sauce
- 20oz pineapple juice*
- 2 cloves minced garlic*
- 36 pineapple chunks*
- 2 fresh bell peppers*
- 1 pint cherry tomatoes*
- Wooden sewers
- 2 cups brown rice*

Directions

1. Add chicken chunks to a plastic bag
2. Have kids add soy sauce, 1 cup pineapple juice and garlic into plastic bag.
3. Seal bag, let chicken sit for 15 minutes in the fridge
4. Preheat oven to 400°F
5. Place chicken in a bowl
6. Spray baking sheet with cooking spray
7. Have kids wash bell peppers and tomatoes
8. Place pineapple, chopped peppers and tomatoes into 3 different bowls
9. Let kids add peppers and pineapple on skewers, do not allow them to touch raw chicken
10. Repeat until all skewers are made
11. Cook kabobs in oven until chicken is fully cooked, about 15 minutes
12. Serve with rice

* Indicates WIC approved foods