

Fall 2018



SARATOGA COUNTY EOC - WIC  
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# WIC Newsletter



## Breastfeeding in Public

Breastfeeding in public can be very convenient. There is no need to keep a bottle, formula and a cooler in the diaper bag. All you need is you and a blanket or wrap if you wish. The most important thing to remember is that you are feeding your baby. You are not doing anything inappropriate! The Federal Government must agree since there have been new laws to protect mothers who choose to breastfeeding in public areas.

If you are a new mother or a mother who is not experienced or comfortable breastfeeding in public, there are a few tips

that can make you feel more comfortable:

- Try to wear clothes that have easy access for baby – either a shirt that is easy to pull up from the waist, a button down, a shirt that has a stretchy neck that is easy to pull down, or a shirt that was made for breastfeeding.
- If you choose, cover yourself and baby with a baby blanket or nursing wrap. Some babies do not like this so practice at home to see how your baby reacts.
- Slings are very convenient for breastfeeding. Baby is in the perfect position.
- If you are very shy, use a dressing room. Most stores are very willing to allow you to use their dressing rooms for breastfeeding.
- If you are worried about it, practice at home.
- Never allow anyone to tell you that you cannot breastfeed your baby or make you go into a bathroom!!!
- Be proud of choosing the most natural and healthy way to provide nutrition to your baby.

## WIC2GO

With all of the exciting changes on NYWIC, don't forget to download our new app, WIC2Go! WIC2Go allows you to track your benefits and scheduled appointments. You can also scan different food items to

determine if they are WIC approved before getting to the register. WIC2Go also helps you locate WIC stores and WIC clinics.

The WIC2Go app can be found in the App Store for iPhone users and Google Play for Android phones.



### WIC Closings

**Monday, October 8th, Columbus Day**

**Monday, November 12th, Veterans Day**

**Thursday/Friday, November 22nd-23rd, Thanksgiving Break**

**Tuesday, December 25th, Christmas**

**Tuesday, January 1st, New Year's Day**

**Monday, January 21st, Martin Luther King Jr. Day**

**Monday, February 18th, Presidents' Day**

# Caffeine and Pregnancy

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Caffeine is loved by all! Caffeine can be found in many types of drinks and foods without realizing it. However, now that you are pregnant, you should pay attention to the amount of caffeine you are taking in on a daily basis.

Caffeine is a stimulant. That means that caffeine increases your blood pressure and heart rate, not recommended during pregnancy! Caffeine is also a diuretic. This means it increases the frequency of urination which can lead to dehydration.

Caffeine is not only found in coffee, it is found in many other daily drinks and foods. Caffeine can be found in coffee, tea, soda, energy drinks, chocolate and

some medications.

Here is a list of common drinks and snacks with the average amount of caffeine:

- Brewed, coffee, 8oz, 95-165 mg (depending on your coffee blend)
- Brewed, decaf, 8oz, 2-5 mg
- Espresso, 1oz, 47-65 mg
- Latte, 8oz, 63-126 mg
- Dr. Pepper, 12oz, 37 mg
- Diet Coke, 32oz, 124 mg
- Coca-Cola, 32oz, 92 mg

- Ben & Jerry's Coffee Buzz Ice Cream, 8oz, 72 mg
- Baker's chocolate, 1oz, 26 mg
- Green tea, 6oz, 40 mg
- Black Tea, 6oz, 45 mg
- Red Bull, 8oz, 80 mg
- Excedrin, per 1 capsule, 65 mg

Avoiding caffeine during pregnancy is the safest recommendation. However, some experts say anywhere from 150mg-300mg of caffeine is safe. Talk to your doctor about their recommendations during pregnancy.

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## Farmers Market

Don't forget to use your Farmers Market checks! Checks are valid until November 30th. Some of the local markets will close before November 30th or move to a location indoors. If you need a list of local markets, please ask a WIC staff member!



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## Tortilla Casserole

### Ingredients

- 1 can (8oz) tomato sauce\*
- 1 cup medium salsa\*
- 1 can (15oz) black beans\*, rinsed
- 1 can (15oz) corn\*, drained
- 4 whole wheat tortillas\*
- 1 1/2 cup Monterey jack cheese\* (block cheese allowed, shred at home!)
- 1/2 cup cilantro, chopped

\* Indicates WIC approved items

### Instructions

1. Preheat oven to 500° degrees
2. Spray casserole dish
3. Mix salsa and tomato sauce
4. Mix black beans, corn and cilantro in a different bowl
5. Place 1 tortilla in a baking dish, spread 1/4 salsa mixture over tortillas, top with 1/3 of bean mixture and 1/3 of cheese
6. Repeat layers, at least 2 more times
7. Bake for 12-15 minutes

