

WIC BIZ

January, February, March 2020



Clinton County Health Department
Health Care Services
133 Margaret Street
Plattsburgh, NY 12901



Public Health
Prevent. Promote. Protect.

Phone (518) 565-4830 · Fax (518) 565-4502

www.ClintonHealth.org



January is National Bath Safety Month

Tips:

1. **Stay with your Child:** Never leave children alone near any water.
2. **Prevent Slips:** Young children lose their balance easily. Get a slip resistant mat to help.
3. **Test Water Temperature:** Ensure water temperature is not too hot. Wait until the tub is filled before allowing children to get in.
4. **Watch Sharp Edges:** Place rubber covers over faucets.

Contact the **Healthy Neighborhoods Program** for a home safety evaluation, educational info and free health and safety products. Products may include, **non-slip bath mats**, fire extinguishers, cabinet locks and more!

Contact them at (518) 565-4870

February is National Children's Dental Health Month

Tips for a Healthy Smile

- Brush teeth twice daily with fluorinated toothpaste.
- Floss and clean in-between teeth.
- Go to the dentist regularly.
- Limit sugary drinks and foods.



Baby Bottle Tooth Decay

This is caused by sugars in juice, cow's milk, Kool-Aid, Gatorade, soda, formula, and breast milk, sitting on the teeth too long.

To prevent this:

- Don't put your baby to bed with a bottle or sleep at the breast all night.
- Do not allow babies and young kids to walk around with a bottle or a sippy cup all day.
- Introduce sippy cups at 6 months and wean infant's from a bottle by 10 - 12 months.
- Wean from a sippy cup as soon as child has enough control to use an open cup with or without help.
- Brush infant's teeth with fluorinated toothpaste, no larger than a grain of rice. A toothbrush or a clean warm washcloth can be used.



"Fluoride in water prevents cavities! Get it from the tap!"

Most town/city water is fluorinated, but not well water. Call (518) 565-4870 to see if the water in your area is fluorinated.



March is National Nutrition Month

Vegetables

Vary your veggies

Vegetables can be found fresh, frozen, canned and dried. They can be eaten raw, steamed, roasted, boiled etc. Try them whole, cut up or mashed. Vary the vegetables you eat and how you prepare them as well.



Dairy

Choose low-fat or nonfat dairy

Milk, yogurt, cheese and fortified soy products, like tofu are great sources of calcium. Cream cheese, butter and cream do not count toward your daily recommendation of dairy because they have little to no calcium.



Grains

Make 1/2 your grains whole grains

2 types of grains:

- **whole grains** (100% whole wheat breads, wheat pasta, oatmeal, brown rice, etc.)
- **refined grains** (white bread, white rice/pasta, white flour, etc.)

Refined grains lack fiber and may lack some vitamins and minerals that whole grains have.



Protein

Vary your protein routine

Protein foods include meats, seafood, poultry, eggs, beans, peas, nuts, seeds and processed soy products. Try switching things up by having a vegetarian meal once a week.



Oils

Fats that are liquid at room temperature.

They have important nutrients, but are only recommended in small amounts due to high calories.

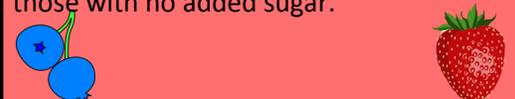
Nuts, fish, avocados and olives are foods that all contain healthy oils.



Fruits

Focus on whole fruits

Fruits come fresh, frozen, canned and dried. 100% juice is also part of this group however, when possible avoid juice and focus on whole fruits. When choosing canned and frozen fruits, pick those with no added sugar.



Veggie Mash

Ingredients:

*** = WIC Foods

- 3 medium baking potatoes (1 pound), peeled and cubed ***
- 1 cup coarsely chopped cauliflower***
- 1/2 cup sliced carrots***
- 1/4 cup plain yogurt *** or sour cream
- 1/4 teaspoon salt
- 2 Tbsp of finely shredded parmesan cheese (optional)



Directions:

In a medium saucepan cook potatoes, cauliflower and carrots in salted boiling water with a cover. Cook for 15 to 20 minutes until tender. Drain and then mash or beat on low. Add sour cream and salt. Top with parmesan cheese.

Nutrition Sudoku Words: eggs, fish, water, grapes, beans, dairy, carrots, oats, breast milk.

Fish	Beans	Carrots			Dairy			Grapes
Grapes		Breast Milk	Carrots	Water		Bean	Dairy	
Water	Dairy				Fish	Oats	Carrots	
Beans		Water	Dairy		Carrots		Breast Milk	Oats
		Fish	Eggs	Breast Milk	Grapes		Beans	
Dairy	Breast Milk		Water	Beans		Eggs	Fish	
	Fish		Oats	Eggs		Breast Milk		Beans
	Water		Grapes	Carrots			Oats	Dairy
Breast Milk			Fish	Dairy	Beans		Water	