



# WIC BIZ

October, November, December 2010

Clinton County WIC Main Office: 565-4830

Breastfeeding Peer Counselors: 565-4835

Office hours: 1st & 3rd week /month 8:00-4:30 M-F;

2nd & 4th week/month 8:30-4:30

Lunch time, early, and late appointments available

## EXERCISE AND COLD WEATHER: STAY MOTIVATED, FIT AND SAFE

Cold weather doesn't have to mean stopping outdoor activity. Exercising outdoors in winter can help cure cabin fever and winter blues. With the right clothing and a little planning, cold-weather exercise can be safe, effective, and fun!

**Check with your doctor.** Experts say that almost everyone can exercise in the cold, but you should always check with your doctor before starting an exercise routine.

**Layer it on.** One of the biggest mistakes is dressing too warmly. Exercise generates a lot of heat, so dress in layers that you can remove as soon as you start to sweat. Wear clothes made of material which draws sweat away from your body, like polypropylene. Avoid cotton, which stays wet next to your skin. If it is very cold or you have asthma, wear a face mask or a scarf over your mouth.

**Protect your extremities.** Try wearing a thin pair of gloves under a pair of heavier gloves or mittens lined with wool or fleece. You might want to buy exercise shoes a half-size larger to allow for thick thermal socks or an extra pair of regular socks. Always wear a hat or headband because your body heat maybe lost through your head.

**Drink plenty of fluids.** Have water or sports drinks before, during, and after exercise. You can become dehydrated in the cold .

**Check the wind chill and look for signs of frostbite and hypothermia.** If it drops below 0 degrees, go inside. Early warning signs of frostbite are paleness, numbness and loss of feeling or a stinging sensation. If you have any of these signs, go inside and slowly warm the area without rubbing. If you suspect hypothermia, go to the emergency room immediately.

Resource: MayoClinic.com



This institution is an equal opportunity provider. New York State prohibits discrimination based on creed, marital status, and sexual orientation. Persons who believe they have been discriminated against based on the New York State Human Rights Law should call the Growing Up Healthy Hotline at 1-800-522-5006, or write the WIC Program Director, New York State Department of Health, Albany, NY 12204.

## Grandmothers Can Help The Breastfeeding Mom



Grandmothers are important. Moms who choose to breastfeed need to know that they have the acceptance and approval of the people close to them. As a grandmother, you are in a good position to provide valuable help in a number of ways!

You can support her decision to breastfeed, especially if this is her first time breastfeeding. Remind her that it sometimes takes a little while to get used to it. If she has a problem, encourage her to keep trying and get advice from someone with experience. You can help take care of the baby, older children, with cooking and housework.. Most important, you can build her self-confidence by telling her that she is doing a good job as a mother and letting her know that she is special.

Sometimes, without meaning to, we ask questions that can shake a new mother's confidence in her ability to breastfeed. The following are some examples of questions we need to avoid asking: "Are you sure the baby is getting enough milk?; Are you eating the right foods?; I can't wait until you wean the baby so that I can share in the feeding too." Avoid telling stories about women who were unsuccessful at breastfeeding or suggesting formula at the first sign of a problem. Instead, suggest she call her peer counselor, the WIC Office or her pediatrician for help.

Your support during this special time is very important and you can feel proud that you helped your grandchild get the best start in life. You can make a difference.

Resource: Kentucky WIC Program

A decorative border consisting of a row of 15 small, identical bottles of prenatal vitamins, each with a blue cap and a white label with an orange circle. The bottles are arranged in a rectangular frame around the text.

**Prenatal Vitamins: Give Your Baby The Best Start**

A healthy diet is the best way to get the vitamins and minerals you need. But, even if you eat healthfully every day, you may fall short on key nutrients. If you are pregnant or hoping to conceive, prenatal vitamins can help fill any gaps. Here's why it matters!

**Folic Acid helps prevent neural tube defects.** These defects are serious abnormalities of the brain and spinal cord.

**Calcium promotes strong bones and teeth for both mother and baby.** Calcium also helps your circulatory, muscular and nervous systems run normally.

**Iron supports the development of blood and muscle cells for both mother and baby.** Iron helps prevent anemia, a condition in which blood lacks adequate healthy red blood cells.

Resource: Mayo Clinic

## CLINIC CLOSINGS

Sometimes it is necessary to cancel clinic. If we need to cancel a clinic, we will have it announced on one of the following :

Radio: WIRY 1340 AM  
WKOL 105FM  
WEZF 92.2

Television: Channel 5 News

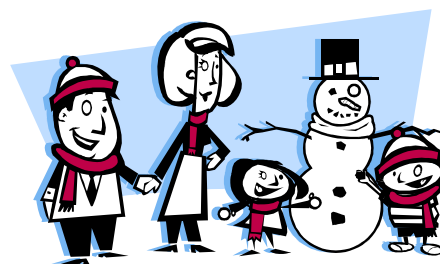
If you are unsure if a clinic is cancelled or if YOU have to cancel, PLEASE call us at 565-4830.

### Parents Health Important Too

One way to take care of your health is to be sure that you are up to date on your vaccinations. Anyone 19 years or older should have a Td booster every 10 years. If you are under 26 years of age, HPV vaccine is available to you to prevent genital warts. Genital human papilloma virus (HPV) is the most common sexually transmitted virus in the United States. More than half of sexually active men and women are infected with HPV at some time in their lives. HPV can cause cervical cancer in women but it can cause genital warts and warts in the throat for both men and women. It is also a good idea to have an HIV test. It is possible to have been infected with HIV and not be aware of it. Having an HIV test can be scary for people but not knowing if you have the virus can make it harder for you to be treated if you find out later. HIV testing can be done anonymously or confidentially. If you choose anonymous testing there will be no connection between the test result and your name. HIV testing is done by using a mouth swab and the results are available within 20 minutes. If the test is positive, blood testing will be done to confirm the result and treatment will be recommended. Call 565-4848 for information on vaccination and HIV testing.



Submitted by  
Suzanne LaBorde, RN HSU



### HEAP

#### Home Energy Assistance Program

**HEAP is a federally funded program that helps pay a portion of their energy costs. Eligibility is determined by comparing the household's gross monthly income to the income eligibility standard.**

**Certain public assistance and food stamp households are eligible for automatic HEAP payments. If you receive food stamps or public assistance, and do not receive the HEAP benefit, you can fill out a short form to apply for HEAP benefit.**

**For more information call the Department of Social Services 565-3222 or JCEO 561-6310. Senior citizens can call the Office For the Aging at 565-4620.**

# Recipes

\* WIC food

## Little Chef's Recipe

Have some fun with your little one! Prepare and enjoy this recipe together!

### Abby Cadabby's Pumpkin Muffins

1 cup all-purpose flour  
1/2 cup whole wheat flour  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
1/4 teaspoon salt  
1/4 teaspoon ground ginger

1 cup uncooked oatmeal\*  
1/2 cup low fat plain yogurt  
1/2 cup canned pumpkin\*  
1/4 cup vegetable oil  
2/3 cup packed brown sugar  
1 egg\*



Big Chef: Preheat oven to 350 degrees F. Help Little Chef grease 12 muffins cups or line with paper liners.

Big Chef: In a small bowl, stir together the flour, baking powder, baking soda, cinnamon, salt, and ginger, set aside.

Little Chef: Crack egg into a small bowl (if any pieces of eggshell fall into the bowl, take them out with your fingers before you start stirring. Wash your hands after you've picked out all the pieces of shell.)

Little Chef: In a large bowl, use a fork to stir together the sugar and oil until blended. Stir in the egg, pumpkin, and yogurt until blended.

Big Chef: Stir in the flour mixture just until blended.

Little Chef: Gently stir in the oatmeal. Use a 1/4 cup measure to scoop the batter into the muffin cups.

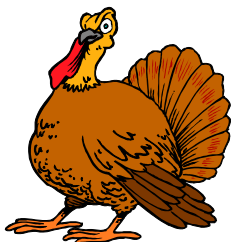
Big Chef: Bake about 25 minutes or until a toothpick inserted in the center comes out clean. Turn out on a rack to cool.

Makes 12 muffins

Resource: C is for Cooking

## TURKEY AND LENTIL SOUP

2 tsp canola oil  
1 large onion, chopped\*  
2 carrots, diced\*  
1 large celery stalk, sliced\*  
4 ounces mushrooms\*  
1 Tsp curry powder  
1 cup lentils\*  
4 cups fat-free, low-sodium chicken broth  
1 14.5 ounce can tomatoes \*  
1 1/2 cups chopped cooked white-meat turkey



### Cooking Directions

Chop canned tomatoes and set aside.

Heat oil on medium heat in a large soup pot and sauté onions, celery, carrots and mushrooms until softened.

Sprinkle curry powder and cook for 1 minute.

Add lentils, then add broth and tomatoes. Bring to a boil, reduce heat, cover and simmer for 25 minutes.

Stir in chopped turkey and simmer for 2 to 3 minutes.

Resource: Recipe.com