



# W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

## *Nutrition Spotlight:* **Be a Super Smart Snacker**

Have you ever felt like your child eats a lot throughout the day? Or asks for food a few hours after they had a meal? It may seem like your child eats all the time—but they need to! Children are great at knowing when they are hungry and when they are not. It is important to have regular breakfast, lunch, and dinner meal times, but your child will also need about two to three snacks throughout the day as well. Snacking is an important part of your child's eating pattern. Here are some reasons why:

- Children have small stomachs! They can only eat so much food at one time.
- Snacks help give your child the important nutrition they need, like calcium for their bones and teeth or iron for their blood.
- Snacks help your child to pay attention better in school by giving them energy to be active throughout the day.

Now that you have learned why snacks are important for your child, let's look at foods that are safe and healthy options for your child to eat. Allow your child to sit comfortably at the table when offering snacks. Be sure foods are cut into small pieces and are soft enough for your child to eat to prevent any risk of choking. Offer water at snack time, too.

When offering your child snacks, choose foods from at least two or three different food groups. For example, low-fat cheddar cheese and whole grain crackers and bananas would make a great snack. Include your child when choosing a snack by offering a few choices and letting your child pick the ones they would like to eat.

By using this information as a guideline, you and your child will be well on your way to being a super smart snacker!

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### Tidbit:

- *Children's stomachs are small...they need 2-3 snacks throughout the day in addition to their meals.*



Check out the delicious snack recipe on the back of the newsletter and check out the chart below to help you make healthy snack choices!

### ***Super Smart Snacker Chart***

Pick a food from 2-3 food groups below to create a healthy snack! Examples:

#1- Banana, graham crackers, peanut butter

#2- Tomato, whole grain tortilla, sliced turkey

Add some of your own foods in the empty spaces!

<b>Fruits*</b>	<b>Vegetables*</b>	<b>Grains</b>	<b>Meat &amp; Beans</b>	<b>Dairy</b>
Apple (1 small)	Cucumber (1/2 cup)	*Whole wheat bread (1 slice)	Turkey (1-2 oz)	Yogurt (1/2 cup)
Banana (1 small)	Tomato (1/2 cup)	Whole grain crackers (about 7)	Chicken (1-2 oz)	*Cheese (1 oz)
Orange (1/2 an orange)	Green beans (1/2 cup)	Pretzels (about 10)	*Peanut butter (1-2 tablespoons)	Cottage cheese (1/4 cup)
Pear (1 small)	Broccoli (1/2 cup)	*Whole grain tortilla (1 tortilla)		*Milk (3-4 oz)
Cantaloupe (1/4 cup)	Cauliflower (1/2 cup)	Graham crackers (1 sheet)		
Strawberries (1/4 cup)				
Watermelon (1/4 cup)				
Blueberries (1/4 cup)				

\* WIC foods

## WIC News

- The WIC office will be closed Monday, May 28th for the Memorial Day observation.
- “Check out WIC on Facebook” at [www.facebook.com/HealthyFamiliesOnondaga](http://www.facebook.com/HealthyFamiliesOnondaga). The WIC Program posts a weekly message on the Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posts and “like” us.
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes.
- Join our group appointments at The WIC Program. Interact with your friends and neighbors and reduce your waiting times at your next clinic appointment. Please call the WIC Program at 435-3304 to schedule your group appointment.
- You now only have to recertify your children once a year for WIC instead of twice a year! You will still have the opportunity to check on your child’s growth six months after the certification appointment when we do a health and nutrition update.
- Stay tuned for Farmer’s Market checks coming to your WIC site in early June.

## What’s in Store for Our Kids?

The next time you visit a convenience store or a pharmacy, take a look behind the counter. Most likely you will see a wall of tobacco products. The rows of cigarette packs and cigars are surrounded by even more tobacco ads. Together, they make a huge display that every customer – including your kids – will see.

Exposure to tobacco marketing in stores is a primary cause of youth smoking. According to the March 2012 Surgeon General’s Report, the more often kids are exposed to tobacco ads and promotions, the more likely they are to smoke.

The tobacco industry spends more than \$1 million per hour in the U.S. to market its deadly products. They pay retailers to display tobacco products and ads in stores where kids can see them. The walls of tobacco products have a strong visual and mental impact on youth. The tobacco product displays distort youth beliefs about how popular tobacco is and how easy it is to acquire tobacco.

One of the best ways to protect kids from the tobacco industry is to get rid of in-store tobacco marketing. To find out more about how you can get involved, contact Tobacco Free Onondaga County at 315-435-3280 or find us on Facebook and Twitter (@TFreeOnondaga).



# *Here's What's Cooking*

## **Super Smart Snacker Recipe: Peanut Butter and Banana Graham Cracker Sandwiches**

### **Ingredients**

2 sheets Graham crackers  
1 tablespoon peanut butter\*  
½ banana, sliced\*

### **How to Prepare**

1. Break the sheets of Graham crackers in half, so you have four squares
2. Spread a thin layer of peanut butter on each square
3. Top each square with banana slices
4. Make the squares into sandwiches and eat!

Try this recipe with apples or pears!

\* WIC Foods



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Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.



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