

W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **Tips for Stress-Free Feeding**

Feeding your children can be stressful. A tip for parents to deal with picky eaters and to serve the correct portion sizes is to understand the role of parent and child in feeding. Parents are responsible for what food is available as well as when it is available. On the other hand, children are responsible for how much and whether or not to eat. All children know how much they need to eat to feel full and the right amount of food to grow whether they are a picky eater, on a food jag, or seem to be "not eating enough."

Feeding the Picky Eater

Picky eating is a normal part of a child's development. This is partly because many children are afraid to try new foods. One tip to get over this fear in children is by offering a small amount of one or several new foods together with a favorite food during mealtimes. It is best when introducing new foods to let your child decide what to eat from the choices offered and never force them to try it. Even if the child does not eat it, keep offering! Another tip to try with picky eaters is letting them help, whether it is helping with food shopping or being a kitchen helper. This makes children feel important and may increase their chance of liking more foods. Children can also develop picky eating habits from a parent's example. For example, a child is less likely to eat vegetables if mom does not eat any.

Food Jags

Food Jags—what are they and what do I do? It is mealtime and your child requests the same food day after day. This is called a "food jag" and is seen among children between ages 2 to 6 years old. Food jags are normal and also are a part of a child's development. Stopping the food jag can be frustrating. Focusing on this behavior only makes it last longer. The best approach is to focus less on their food jag, offer what food your child wants, and include other foods with it to encourage variety.

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Nutrition Tidbit:

Parents are responsible for what food is available as well as when it is available. Children are responsible for how much and whether or not to eat.



It is okay to offer the same peanut butter sandwich or other foods every day since children on food jags will soon grow tired of eating the same food and begin making other choices. Also, children should not be forced to try or eat new foods. If your child continues to refuse to eat a variety of foods, talk to your WIC Nutritionist.

Portion Control

A child's stomach is small. Children get full faster with small portion sizes of food. One simple tip to help your child develop healthy eating habits is to give portion sizes of the food groups as illustrated on the United States Department of Agriculture (USDA), "MyPlate." This means making sure that half of your child's plate filled with vegetables, fruit or both. The other half of the plate should be about a 1/2 meat and 1/2 whole grains. A great example of this ideal plate described can be found on www.ChooseMyPlate.gov. For more information, talk to your WIC Nutritionist.

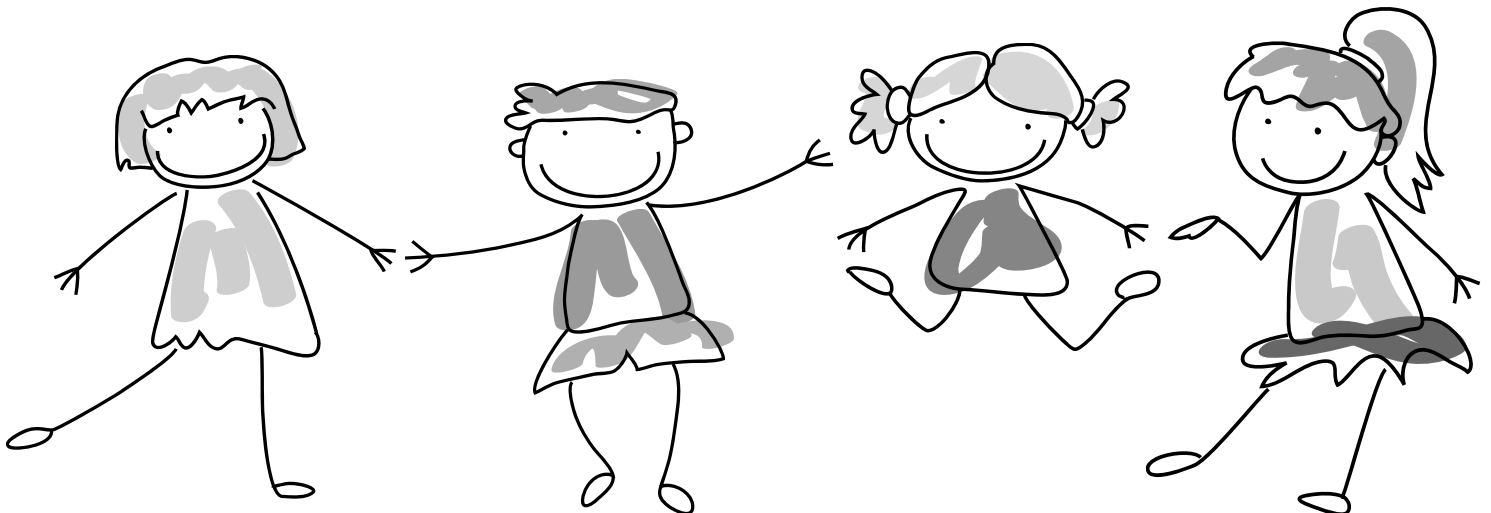
Turn on the Music

Childhood obesity has become a major health problem for today's children. Child obesity rates have tripled since the 1970s. Over 30% of our children are considered overweight. Overweight and obesity are hard to treat. It's much easier to prevent weight problems. Help your child live a long and healthy life. One way to do this is to increase your child's activity; turn on the music and dance with your children!

Dance!

Dancing helps to promote a healthy weight for children.

- **Animal Dance:** Dance like a cat, bird, horse, elephant, snake, frog, bunny or bug. Take turns dancing like an animal – guess which animal they are!
- **Wiggle Dance:** Create your own dance – hop, hop, wiggle, wiggle. Slide and hop, slide and hop. Let your children create their own special dance!
- **Marching Band:** Turn on the music and march around the house. Wave small towels in the air. Pretend to play music – hit plastic containers with large spoons, shake containers with dry beans, or pretend to blow a horn. March around the table, couch, chairs, and beds!



Turn off the TV.

Make a TV plan —make a list of shows that your family really wants to watch.

- Turn off the TV when “your shows” are not on.
- Don’t use the TV for background noise. Turn on the radio and listen to music. Dance with your child. Put a little pep in your step!
- Keep the TV out of your child’s bedroom.
- Limit TV watching to 2 hours or less each day.
- Don’t eat or snack while watching TV.

Watching TV advertising is related to childhood obesity and poor nutrition. Help your children develop healthy habits for life – limit TV. Dance and play with your child – you are your child’s first and favorite playmate!

Source: Kidfood

Home Repair Grants Available!

You may be eligible for a grant to remove lead from your property if:

- You own or rent a property in Onondaga County built before 1978, and
- Your family or the family living in the rental property meets income guidelines, and
- A child under the age of six lives in the home or visits often.



“What the Community Development Program did for us is amazing! It helped us succeed as a young family.”

-Grant Recipients

Call Onondaga County
Community Development

435-3558
www.ongov.net/cd



Joanne M. Mahoney
County Executive



Bob DeMore
Director

WIC News

- The WIC Program will be closed on Monday, May 27th, 2013 for Memorial Day.
- Our program has been having a problem with the WIC office phone at 435-3304 which has caused WIC participants to wait on the line for a very long time. We apologize for any inconvenience this has caused you or your family. This problem has been corrected and the wait should not be long so please do not hesitate to call us with any questions.
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- Please call the WIC office if you cannot make your WIC appointment, so that this time can be offered to another WIC family.
- For every WIC appointment you must have your WIC ID or photo ID. If you or your child is being enrolled on WIC or recertified there are a number of other documents needed for your WIC appointment so please call us to make sure you verify everything you need to bring to your WIC appointment.
- Stay tuned for Farmer’s Market checks coming to your WIC site in early June.
- 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.

Here's What's Cooking

Banana Bread Pudding

- 4 cups whole wheat bread cubes*
- 1 cup sliced bananas*
- 3 eggs*
- 2 cups skim milk*
- ½ cup sugar
- 2 teaspoons vanilla
- ½ teaspoon salt
- ½ teaspoon cinnamon

1. Lightly spray a 2 quart casserole dish with vegetable oil spray. Place the bread cubes and sliced bananas in the casserole dish.
2. Beat the eggs, milk, sugar, vanilla, cinnamon and salt together in a bowl.
3. Pour the egg mixture over the bread cubes and bananas. Stir to coat.
4. Bake uncovered in a 350°F oven for 40 minutes.

Bananas are the original “fast food”. They come in their own package – just peel and eat. An easy snack for moms and kids!

Bananas are a good buy. There is an average of 2 bananas in 1 pound. If bananas cost 49 cents for a pound, then one banana will cost only 25 cents.

*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.

Onondaga County Health Department

Joanne M. Mahoney, County Executive
Cynthia B. Morrow, MD, MPH, Commissioner of Health



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