



# Stork Report

Onondaga County Health Department WIC Program Newsletter Fall 2016

## Nutrition Spotlight: Pregnancy and Food

Pregnancy is an important time to learn food shopping skills. Your goal is to buy healthy foods for the family and make the most of your food budget.



**Plan Ahead:** Check your cupboards and refrigerator and plan meals based on the foods you already have in the kitchen. Make a weekly menu and a shopping list. Before planning the weekly menu, check the store flyer for sales and use coupons.

**Buy produce in season:** During the late summer and early fall months, you can buy fruits and vegetables at good prices. You can use your WIC Farmer's Market checks to buy even more produce at local farmer's markets.



**Brown-bag lunch:** Making lunches for you and your family will save money. When packing a lunch, choose healthy foods and include at least one vegetable and one fruit.

**Generic and Bulk Foods:** Buy store brands instead of national brands. Buy foods in bulk. Divide food into portions and freeze the leftovers.

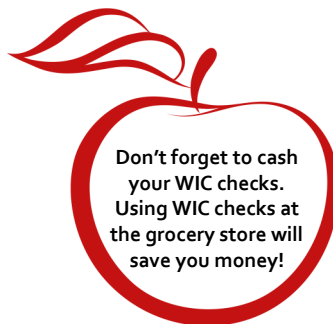
**Plant a garden:** Growing your own food will save money. Start small, and try growing fresh herbs or a few simple vegetables. Freeze extra produce to enjoy all year long.



Pregnancy is a good time to start healthy eating habits. Use your WIC checks and talk to your WIC Nutritionist to help you make good choices at the grocery store.



Visit us at [facebook.com/OnondagaWIC](https://www.facebook.com/OnondagaWIC)



Don't forget to cash your WIC checks. Using WIC checks at the grocery store will save you money!

### WIC News



- The WIC office will be closed Friday, November 11, 2016 for Veteran's Day, Thursday, November 24 and Friday, November 25, 2016 for Thanksgiving, Monday, December 26, 2016 for Christmas, and Monday, January 2, 2017 for New Year's Day.
- Please remember to use all of your Farmer's Market checks by November 30, 2016.
- 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. Please call us to make sure you verify everything you need to bring to your WIC appointment.
- 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 family.
- If you come to your WIC appointment before your scheduled appointment time we cannot guarantee that you will be seen early. WIC will service those individuals who come at their scheduled time first. We appreciate your patience and understanding regarding appointment times.

# Here's What's Cooking

## Italian Tuna Pasta *Makes 4 servings*

- 2 1/2 cups whole wheat pasta bows\*
- 2 tbsp. olive oil
- 2 large gloves garlic (crushed)
- 1 tsp. dried oregano (optional)
- 2 - 15 1/2 oz. can chopped tomatoes\*
- 2 tsp tomato puree\*
- 1/2 tsp sugar (optional)
- 6 oz canned tuna\* (drained and broken up into chunks)
- Salt and pepper



### Instructions

1. Bring a large saucepan of water to a boil. Add the pasta and cook according to the packet instructions, until the pasta is tender but not too soft.
2. Meanwhile, heat the oil in a saucepan over a medium heat. Fry the garlic for 1 minute. Stir in the oregano, the chopped tomatoes, and tomato puree.
3. Bring the sauce to a boil and lower the heat. Half cover the pan and simmer for 15 minutes or until the sauce has reduced by a third and thickened.
4. Stir the tuna into the sauce. Half-cover the pan and heat through for 2 minutes, stirring occasionally. Add some sugar to the sauce if necessary and season.
5. Drain the pasta but save 2 tablespoons of the water. Return the pasta to the saucepan. Add the water and stir in the sauce until the pasta is coated.

\*WIC foods

Source: *Kids Fun & Healthy Cookbook*, by Nicola Graimes

*Dear Wilma WIC,  
Is it normal to feel tired and sometimes exhausted now that I am pregnant? Will it ever get better or will I feel like this during my entire pregnancy?  
Signed, Feeling Tired Tabitha*

*Dear Tabitha,  
During your first trimester, it is normal to feel a little worn out or sometimes completely exhausted. While your body is busy growing another person, symptoms of vomiting, lack of appetite, hormonal changes, or feeling anxious and worried can cause you to feel this way. The good news is most of these problems go away in the second trimester but can also resurface around the 7th month when you are carrying more weight.  
Signed, Wilma WIC*



## Protect Yourself and Your Child against the Flu

Getting yourself and your child a flu vaccine (shot) each year is the best way to prevent flu infection. **Flu vaccination** is recommended for everyone 6 months and older. If your child is under 6 months old, they are too young to be vaccinated, so it is very important for you and all other household contacts to get a flu vaccine. Ask your health care provider about getting flu vaccine for your family. No health insurance? Call the Onondaga County Health Department at 435-2000 to find out how you can get a flu vaccine.



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For other complaints contact: (1) mail: WIC Program Director, NYSDOH, Riverview Center Room 650, 150 Broadway, Albany, NY 12204; or (2) phone: The Growing up Healthy Hotline at 1-800-522-5006; or (3) email: [NYSWIC@HEALTHY.NY.GOV](mailto:NYSWIC@HEALTHY.NY.GOV)

