

## **Nutrition Spotlight:**

### The Power of Mindful Eating

What is mindful eating? Well simply put, it means thinking about what you eat. Here are some tips:

- Sit down for meals
- No stress at the table. Talk about problems another time.
- Chew your food
- Pick a smaller plate
- Serve out your portions
- Turn off the TV and everything else with a screen

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

**Great News!** 

Coming Fall 2018. WIC will be switching from paper checks to payment (EBT) cards.

> **Call WIC if you cannot** make your WIC appointment

Please call our office at 315.435.3304 if your phone number or address changes

WIC Clinic and Office will be closed :

Friday, November 10th Veteran's Day

Thursday November 23rd & Friday November 24th Thanksgiving

Monday, December 25th Christmas

Monday, January 1, 2018 New Year's Day









#### **WIC** Tribune

#### Fall 2017

# Here's What's Cooking Roasted Fall Favorite Vegetables



#### Ingredients:

2 sweet potatoes, scrubbed and cut into 1-inch cubes\* 6 cups Brussel sprouts (ends trimmed off), cut in half\* 1 red or white onion, cut into 1-inch pieces\*

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2 tablespoons olive oil

<sup>1</sup>/<sub>2</sub> teaspoon salt

\*WIC foods

#### Instructions:

- 1. Turn the oven on and set it to 425 degrees.
- 2. Put the sweet potatoes, Brussel sprouts, onion, olive oil, and salt in the bowl and mix well.
- 3. Dump the contents of the bowl onto the baking sheet, making sure the vegetables are in a single layer not crowded on top of one another.
- 4. Carefully put the baking sheet into the oven and bake until the vegetables are tender and starting to brown, 35 to 40 minutes.
- 5. Serve right away.

Source: Chop Chop Magazine







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