



WIC Tribune

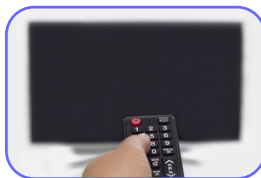
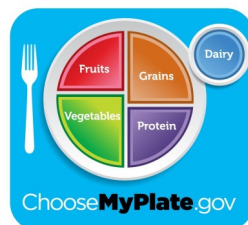
Onondaga County Health Department WIC Program Newsletter

Fall 2017

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



Visit us at
facebook.com/OnondagaWIC

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

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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

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*
 2 tablespoons olive oil
 ½ 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



**Don't forget to use your
Farmers Market Checks by
November 30th!**



**Don't let
the flu
Stop the fun !**



**Get a flu vaccine
every year!**

No insurance? Call 315-435-2000 to learn
how you can get a flu vaccine.



Healthy Families Division
Immunization Program

