

W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **Staying Healthy This Winter**

It's that time of year again when we think about the cold weather and worry about getting sick. In this article you will learn a few easy ways to stay healthy this winter season!

Do you remember when you were little and your mom would always tell you to drink your orange juice (or your WIC juice)? Well, as usual, mom was right! Foods that are high in Vitamin C such as orange juice and foods high in Vitamin E like kale or collard greens have been shown to help your body fight off germs that may cause colds. And in the spirit of National Nutrition Month which focuses on how to "Get Your Plate In Shape", what better way to ward off germs and eat a better diet than by "focusing on fruits" and "varying your veggies"! Every time you serve your child a meal, fill half of the plate with fruits and vegetables. Here are some helpful hints on how to encourage your children to eat plenty of fruits and veggies everyday and keep them healthy:

1. Let the Kids Help

- Bring your child/children grocery shopping with you. Allow them to choose at least one fruit and one vegetable they would like to eat. Doing this may help to make your kids more interested in trying different fruits and vegetables!
- Let your child/children help when you make meals. They will feel proud that they helped you make something to eat and they may want to taste their yummy creation!
- Turn off the TV during meals and talk at the table about what kinds of fruits and vegetables you all are eating. Talk about the different colors, shapes, and tastes. Mealtime will become fun and educational!



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Tidbit:

- *Don't let the weather keep you inside! Bundle up your little ones and head outside to get that workout in*

2. Be Creative

- At least once a week, give a fruit as dessert. This may help them see fruit as something yummy and not just something healthy!
- From the table below, you see there are many fruits and veggies that are loaded with Vitamins C and E. Feel free to get creative and try new recipes such as a mixed fruit smoothie or veggies with a new kind of dip or even try the kale chips recipe in the newsletter. Trying new recipes is fun for kids and can be an exciting experience for them!

3. Be a Role Model

Kids love to do what their parents do. So if you want your kids to eat healthy, what better way to teach them than to eat plenty of fruits and vegetables yourself? Enjoying fruits and vegetables is a great way for kids to learn how delicious they are! Below is a quick guide of different fruits and vegetables to focus on this winter. This table shows the fruits and veggies that are a good source of Vitamins C and E.

	Vitamin C	Vitamin E
Broccoli	X	
Tomatoes	X	
Kale	X	X
Collard greens	X	X
Green Peppers	X	
Red Peppers	X	
Cabbage	X	
Oranges	X	
Grapefruit	X	
Lemons	X	
Limes	X	
Blueberries	X	
Strawberries	X	
Kiwi		X

Another way to stay healthy this winter is to keep active. Exercise may improve your mood, help you sleep better, and boost your immune system. We all know when its winter in Central New York, there is going to be a lot of snow; but don't let the weather keep you inside! Bundle up your little one/ones and head outside to get that workout in. Here are some other ideas to keep active in the winter months:

- Go sledding
- Take a nice walk
- Build a snowman
- Have a snowball fight

If your child likes to stay inside, there are still plenty of ways to keep them moving, such as:

- Play inside games such as hide and seek, ring around the rosie, duck duck goose, musical chairs
- Encourage television shows that get your kid to dance and move!
- Get your child involved in group exercise classes in your area.

Also, another way to fight germs is to make sure all family members wash their hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Ask your doctor about getting flu shots if you and your family members have not had one this season.

So this winter, encourage your kids to eat plenty of fruits and vegetables with lots of vitamins C and E and to stay active. Using some of these simple strategies may help keep you and your little ones feeling healthy and full of energy all winter long!

WIC News

- The WIC Program is closed on Monday, January 2nd for New Year's Day, Monday, January 16th for Martin Luther King Jr. Day and Monday, February 20th for Washington's Birthday.
- 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 make sure you verify everything you need to bring to your WIC appointment.
- The WIC Program can no longer accept verification of income eligibility for free or reduced school lunch or Head Start/Early Head Start to determine income eligibility for WIC. Please ask WIC staff what can be used to determine that you or a family member is considered income eligible for WIC.

Happy Healthy New Year!

Start the new year right. Make healthy lifestyle changes to help prevent type 2 diabetes and other healthy problems. You will feel better and look better too!

- Lose weight if you are overweight (consult with your health care provider)
- Make healthy food choices
- Drink water instead of sugary drinks
- Eat smaller portions at each meal
- Be active by exercising at least 30 minutes most days

By taking these steps you may be able to prevent type 2 diabetes and other health problems. For more information, visit www.diabetes.org or call 1-800-DIABETES.

Pack-A-Snack

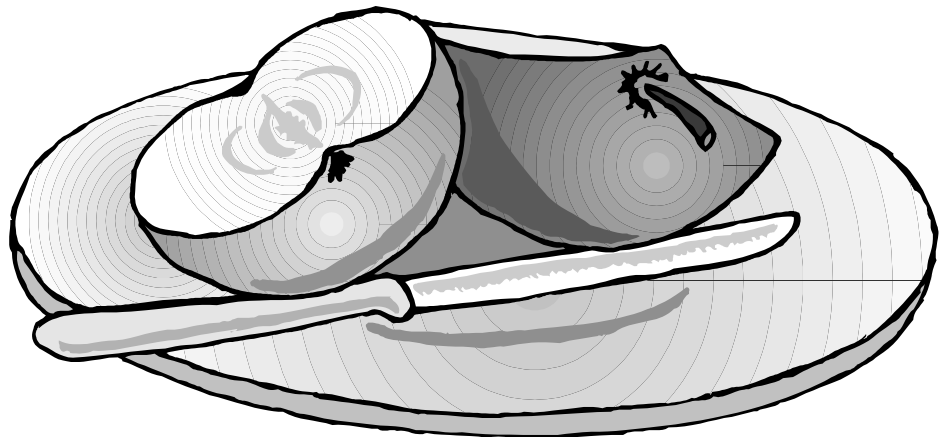
Children are often hungry; our lives are also very busy. It can be difficult to keep children happy when running errands and keeping appointments. Be prepared – plan ahead and pack a snack!

Snacks to bring along:

- Whole grain breakfast cereal*
- Whole grain granola mix
- Whole grain granola bars
- Pretzels
- Banana, apple or orange*
- Berries*

**WIC Foods*

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Winter Fruits and Veggies

It may seem difficult to serve fruits and vegetables during the winter months. But, there are fruits and vegetables that taste great and don't cost a lot of money. Keep these fruits and vegetables in your home:

- Canned peaches, pears, mandarin oranges*
- Canned green beans, carrots*
- Frozen broccoli, corn, peas*
- Bananas*
- Fresh broccoli and lettuce*
- Oranges*

Make half your plate fruits and vegetables – warm up frozen or canned vegetables, open a can of fruit, steam broccoli, make a salad, or peel a banana or orange.

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Here's What's Cooking

Kale Chips

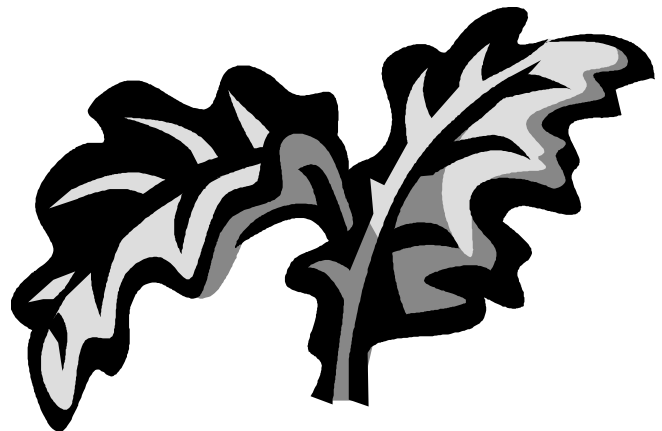
Kale is a leafy green vegetable loaded with vitamins A and C while olive oil is a great source of vitamin E. This tasty and crunchy snack is great for keeping away the flu and it's great next to your hamburger or sandwich!

Ingredients

- 5 cups Kale, washed, chopped into large pieces*
- 3 tablespoons olive oil
- 1 tablespoon salt
- 1 tablespoon black pepper

How to Prepare

1. Preheat oven to 250 degrees F
2. Toss kale and olive oil together in a large bowl, making sure the kale is evenly coated
3. Arrange kale on a baking sheet in a single layer
4. Sprinkle salt, pepper and garlic powder evenly over the kale
5. Bake in the oven for 30-33 minutes or until the kale has shrunk in size and appears crispy



* 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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