

# W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

## ***Nutrition Spotlight:*** **The ABC's of Health**

### **A** Aim For Fitness

Aim for a healthy weight and be active each day. Just get you and your family moving. By walking 30 minutes a day you can be a role model for your children and make a huge difference in their lives. Many studies have shown the benefits of regular activity. Daily activity can reduce the risk of heart disease, diabetes, high blood pressure and colon cancer. It can also help you and your family to stay at a healthy weight. The U.S. Centers for Disease Control says that daily activity:

- Helps build and keep bones and muscles healthy
- Helps control weight and reduce fat
- Improves self esteem and it can be something fun your family can do together

Playing games like hopscotch, dancing, family walks, playing at the park, flying a kite, riding a bike, and playing baseball or soccer are fun for the whole family. Turn off the TV – children who watch more than 2 hours a day of TV are more likely to be overweight!

### **B** Build a Healthy Plate

Let the USDA "MyPlate" guide your choices ([ChooseMyPlate.gov](http://ChooseMyPlate.gov)). Ask your WIC Nutritionist for a copy and together you can review it. Choose whole grains for at least half of your family's grain foods (bread, cereal, rice and pasta). These foods provide energy. Many studies have shown us that eating whole grain foods that contain dietary fiber help ward off heart disease. Whole grains also help prevent your child from being constipated and help keep children feeling "full". This can prevent overeating.

Make half your plate fruits and vegetables. Since no single fruit or vegetable has all of the nutrients your child needs, the Dietary Guidelines say to eat a variety of fruits and vegetables each day.



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## **C** Choose Smart

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat. Choose 1% or fat-free skim milk for children over 2 years of age. Kids in this country are not only getting too fat but they are eating too much. By consuming 1% or fat-free skim milk your child will be well on the way to achieving the goal of a diet low in saturated fats.

Keep the amount of juice to one 4-6 ounce glass a day. Add 4-6 ounces of water and this can become 2 servings. Many children become overweight because they drink too many sweet drinks, which include soda, fruit punch, Kool-Aid and energy drinks. Water is still the best and safest thirst quencher during the summer months.

## **D** Don't Be Afraid To Try Something New!

Offer your children a new type of vegetable and fruit each day. If they don't care for it, they do not need to eat the rest. Studies have shown that it can take up to eight to ten tries before your child will actually even like a new food. Sneak veggies and fruits into foods that your child enjoys. For example, add raisins or shredded carrots to salads or put slices of peppers into pasta sauces.

## **E** Eat Well, Play Hard

Did you know that studies show that kids who watch more than 2 hours of TV a day have a greater chance of being overweight versus those who don't? One out of three kids in our state is overweight. This is for two reasons:

1. They are eating more foods that are high in fat and calories, and
2. They are not as active as in years past.

TV and computer games have replaced running around and outdoor play. Here are some tips to keep your kids active:

- Limit TV and computer games to a total of 2 hours a day
- Play and be active with your children. Be a role model and let your children see that you enjoy being active
- Take your child to local playgrounds
- Sign up for activities like baseball, dancing or swimming lessons

## **F** Farmers Market is Here

It's everybody's favorite time at WIC! Enjoy shopping the area's Farmers Markets and buy your favorite fruits and vegetables. Your WIC clinic has new ideas for you to try. Ask your WIC Nutritionist for this year's recipes.

The market is also a nice way for you to spend some "active" time with your child. Simply walking through the market stalls is fun! Remember you can buy most fruits and vegetables that you see at the market you can buy with your Farmers Market checks. The only requirement is that they be grown in New York State. Enjoy!

## Smoking Near Your Children: It's Worse Than You Think

If you smoke, or a family member smokes, it can be hard to avoid exposing your children to smoke. But it is well worth trying! Research has found that there is no safe level of secondhand smoke. Even brief exposure to smoke increases the risk that your child will get sick.

Tobacco smoke contains over 4,000 chemicals. Many of these chemicals are toxic. Arsenic, lead, and carbon monoxide are just a few examples of the deadly chemicals in tobacco smoke. When your children are around someone who is smoking, they breathe in these chemicals.

Babies and young children are especially at risk of getting sick from secondhand smoke. Children exposed to smoke are more likely to suffer from ear infections, asthma, bronchitis, pneumonia, and other lung diseases. Lifelong health problems are a high price for a child to pay for someone else's addiction.

Protect your child's health. Ask others not to smoke near your child. If you smoke, avoid smoking near your child. If you are ready to quit smoking, call 1-866-NY-QUITS or visit <http://nysmokefree.com> for free help. Your child's health is worth it!

## Is Your Home Poisoning Your Child?

Childhood Lead Poisoning is still a concern for parents with young children in the City of Syracuse. The most common source of lead poisoning is lead paint and/or lead dust. You can not see lead dust. Lead dust is created when lead paint is damaged or starts to chip or peel. Many parents are unaware that their children may have been in contact with lead paint or lead dust.

Young children are especially at risk because they put their hands and nonfood items into their mouth. Children with lead poisoning usually do not look sick. If lead poisoning is left untreated, it can cause learning, growth, and behavioral problems. New York State requires doctors to test all children at age one and again at age two with a blood test to check for lead poisoning.

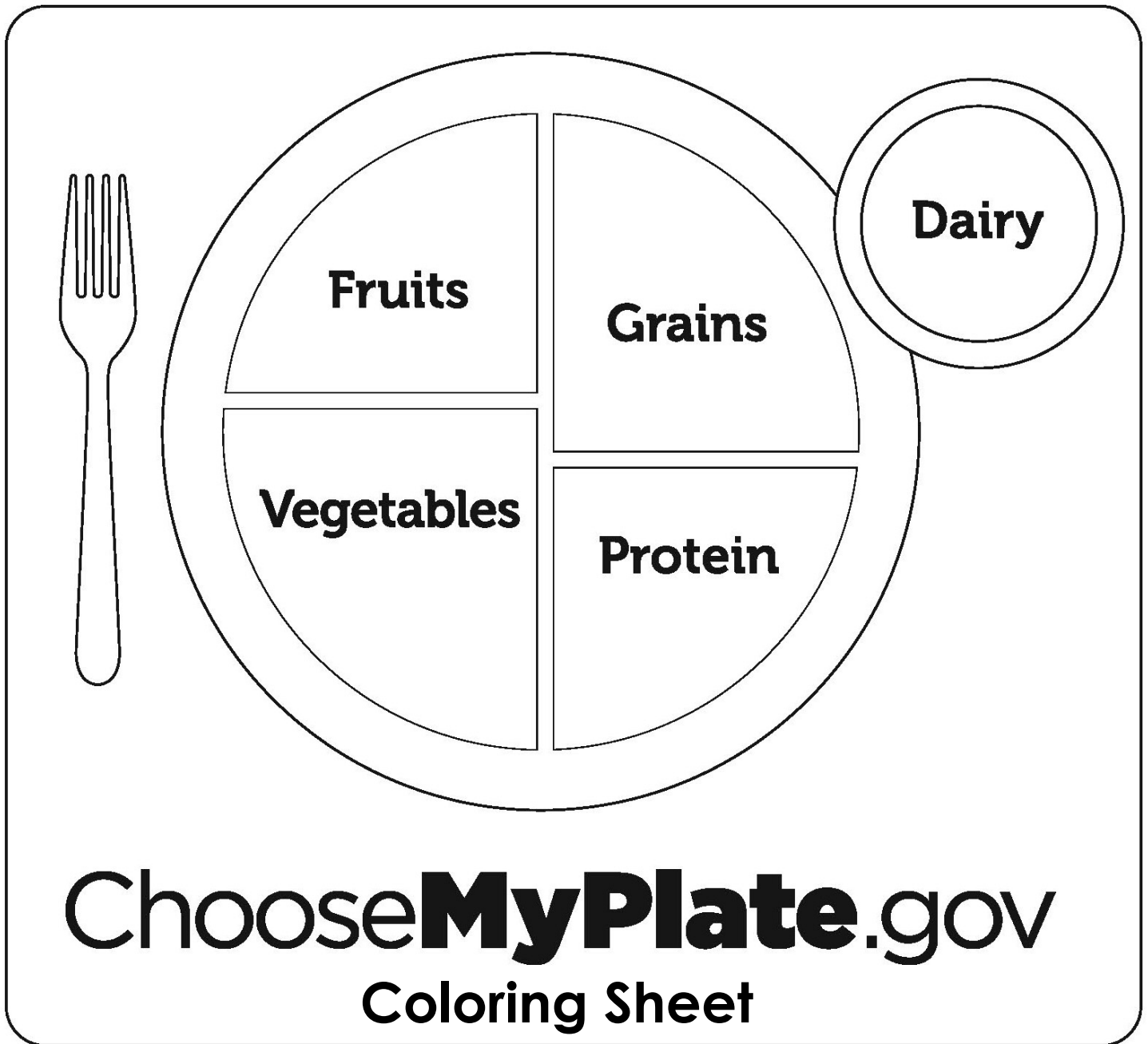
The Onondaga County Health Department's Lead Program is offering FREE home inspections to families to prevent lead poisoning before it happens.

Families are eligible for a FREE home inspection, if the families:

- Live in the City of Syracuse,
- Rent a home that was built before 1960 (we can check the age of the house for interested parties),
- Have a child under the age of 7 who lives at or regularly visits the property or there is a pregnant women living in the home.

Remember that childhood lead poisoning is preventable. Call the Onondaga County Health Department's Lead Program at 435-3271 today to find out about a free home lead inspection, to check if your child needs a lead test, or to find out how you can make your home lead safe.

# Make YOUR Plate Colorful!



**ChooseMyPlate.gov**  
Coloring Sheet

# WIC Eligibility

In order to receive WIC benefits you or your child must meet 4 criteria:

1. **Residency:** You must be a resident of New York State.
2. **Categorical:** You must be a pregnant, breast feeding or post partum woman, an infant under the age of 1 year; or a child age 1-5 years.
3. **Be at nutritional or medical risk:** Your risk is determined at each certification appointment by the nutrition staff.
4. **Income eligible:** This is determined by assessing all household income. Household income includes all sources of income from "everyone who shares housing, income, and the consumption of goods and services."

If the person who is certifying for WIC receives Medicaid, Food Stamps (SNAP) or TANF (Temporary Assistance for Needy Families), and provides WIC with the necessary documentation, the same documentation can be used as income verification to determine WIC eligibility. This is called Adjunctive Eligibility. However, the certification period for WIC is only as long as the certification of the adjunctive program.

It may be determined by the WIC staff that an Income Reassessment needs to be completed between WIC certification periods. It is extremely important that WIC participants be prepared at each WIC appointment. WIC participants need to bring current proof of household income for all household members to all WIC appointments. This is very important so that there is not any interruption of your WIC benefits. If you have questions regarding this, please speak with a WIC staff member. Thank you!

## WIC News

- The WIC office will be closed on Monday September 2<sup>nd</sup> for Labor Day.
- We are now issuing Farmer's Market checks that can be used beginning June 1st through November 30th. Please make sure that you use all of your six Farmer's Market checks by November 30th. Your WIC Nutritionist will tell you how many Farmer's Market checks you used last year. Your goal should be to use all six so that your family can enjoy locally grown fruits and vegetables this summer. If you have a difficult time getting to the farmer's market, try to use all of your checks during one visit to the farmer's market or send a friend or relative to the market to cash the checks for your family.
- The Bayberry Plaza Farmer's Market is every Wednesday from 8am-5pm in the parking lot in front of Kinney Drugs.
- Look for the Farm Fresh Mobile Market in neighborhoods throughout the city of Syracuse this summer. You can cash your Farmer's Market checks or use your EBT card to purchase locally grown fruits and vegetables at the Farm Fresh Mobile Market.
- 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 W.I.C. Program at 435-3304 to schedule your group 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 WIC family.

# Here's What's Cooking

## What's in a slushy soda?

### A lot of sugar!

Local gas stations often have slushy soda machines that look tempting on hot days. The calories and sugar can vary in a slushy soda depending on the size and flavor:

- 16 ounces – 120 calories and 8 teaspoons of sugar
- 24 ounces – 180 calories and 12 teaspoons of sugar
- A large 41-ounce can have 570 calories and 37 teaspoons of sugar!

That's a lot of extra calories for a preschool child who needs only about 1400 calories a day. Slushy sodas are super sized drinks with lots of sugar!

### Drink Water, Not Sugary Drinks

Let your child see you and others enjoying a glass of cold water on hot summer days. Make water fun with fruity cubes...freeze a couple slices of strawberries or a couple raspberries in ice cubes and serve with water.

### Keep Cool During the Summer

- Keep water where your child can easily reach it. Have small plastic cups by a sink. Keep a small plastic pitcher of water in the refrigerator.
- Offer water often on hot summer days. Children can become busy when playing and may forget to drink.
- Bring along water bottles when running errands or shopping with your child. Put some ice in the bottle to keep it cold.
- Make watermelon slush! Blend 6 to 8 cups of watermelon (without seeds and rind). Pour into small plastic cups and freeze for 3 to 4 hours. Eat with a spoon.

### More Ways to Stay Cool.....

- Stay inside buildings with air conditioning when days are very hot.
- Play outside when it is cooler – early in the morning or later in the afternoon
- Use fans.
- Play in the water – play in pools or at the beach with your child.
- Turn on the sprinkler or hose. Cool down with water.
- Play in the shade, out of the hot sun
- Drink plenty of cold water.



**Onondaga County Health Department WIC Program**  
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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**

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