

W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **Save Money, Eat Healthy**

The current economic conditions can make it hard to pay for everyday items like food, rent, heat, and lights. With the rise in prices for gas, bus fares, and food, we all struggle to make ends meet. Having enough food in the home is important to everyone. Eating healthy foods is also important. Sometimes it can be hard to eat healthy and cheaply. Here are a few tips to help your family save money and eat healthy.

Cheap Eats!

Eating healthy does not have to be expensive. It is easy to buy healthy foods on a small budget. Buy a variety of colors of food to protect your health.

Fruits and vegetables are great sources of vitamins and fiber. Many people believe in the myth that fruits and vegetables cost too much. But, if you shop for produce that is in season and grown locally it can cost less. If the produce isn't in season, look for frozen or canned fruits and vegetables.

Meat can be the most expensive item on your grocery list. Meat is a good source of protein which we need for tissue growth. If your family eats chicken, buy chicken with the bone in because it can cost less than boneless products. Meat can be substituted with other inexpensive protein rich foods like beans, eggs, tuna or peanut butter.

Grains are an important source of fiber, B vitamins, iron, and other minerals. Less processed grains are cheaper. For example if your family likes seasoned rice, buy a bag of brown rice and jars of seasoning. These ingredients will last you a long time and are less expensive than boxes of seasoned rice. Buy many loaves of whole grain bread when they are on sale and freeze the loaves for later use.

Oct-Dec 2011

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Shopping Tips

It is always good to plan before you go shopping. Having a plan will help you save money. Try using some of these tips as you plan your trips to the grocery store.

- **Make a shopping list.** Before you go to the grocery store take a few minutes to make a list of foods you need. Having a list and sticking to it will stop you from buying things you don't need and will save you money.
- **Buy local foods.** Buying local foods has many benefits. Local foods are cheaper, fresher, have better flavor, and save energy. You can buy local fruits, vegetables, grains, and dairy products at your grocery store and farmers' market.
- **Buy foods that are in season.** Seasonal fruits and vegetables are cheaper and taste better than foods that have traveled thousands of miles to get to you. Here are lists of fruits and vegetables that are grown in the summer and fall in New York State.
 - Summer:* berries, broccoli, carrots, corn, cucumbers, lettuce, melons, peaches, pears, plums, potatoes, summer squash, zucchini
 - Fall:* apples, Brussels sprouts, grapes, pears, pumpkins, winter squash, spinach
- **Shop at your local farmers' market.** Farmers' markets are a great way to save money because the farmers are able to sell their foods directly to you at a lower price. You can often buy a lot of food for a lower price than you would at a grocery store. WIC participants are able to receive Farmers' Market Checks. You can use these checks *and* your WIC Vegetables and Fruits Checks to buy foods at the farmers' market. Ask your WIC nutrition staff for more information about the Farmers' Market Checks and where to find a farmers' market near you.
- **Look for sales.** Looking for sales is an easy way to help you save a few dollars when you are shopping for food. Look at store ads for special prices on meats, dairy, fruits and vegetables. Clip coupons and sign up for store discounts for extra savings.
- **Buy in bulk.** You can buy some foods like grains and nuts from the bulk bins in grocery stores. This allows you to buy as much as you need, and it is often cheaper. Some stores sell items in large amounts. These items are sometimes labeled as club pack, family size, or value size. Buying these items will save you money and will last longer.
- **Pack your own snacks and meals.** Buying food and drinks in individual servings is easy, but it costs more. Try buying foods and drinks in larger packages. Buy a water bottle and sandwich bags to make your own individual servings.
- **Choose store brands.** When buying packaged items, try to buy the store brand over the national brand. Store brand and national brand products are made with the same quality, but the store brand products are cheaper.
- **Eat before you shop.** It is always a good idea to have a snack before you shop. If you shop while you are hungry you might buy more.

Food Assistance Programs

The WIC supplemental food program provides you with checks to help you and your children buy healthy food. There are other food assistance programs available to help you get healthy food for you and your family. Ask your WIC nutrition staff for more information about these programs.

- **Food Stamps** give you benefits each month in the form of an Electronic Benefit Transfer (EBT) card. You can use your EBT card to purchase nutritious food at the grocery store. Food Stamps help people of all ages. Just like the WIC program, eligibility for Food Stamps depends on your income. To learn more about Food Stamps call 435-2700.
- **The National School Lunch Program** gives support to school food service operations. The program provides well balanced, low-priced or free lunches to children at school. Your children may be eligible for low-priced or free lunches. Some schools may also serve breakfast, after-school snacks, and summer meals. Ask your children's school about these programs.
- **Food banks** are agencies that distribute food to the community at little or no cost. Food banks provide the community with a variety of foods that can include fresh fruits, vegetables, meats, and staple food items. Many neighborhood food pantries buy food from food banks and then provide it free to families in need. To find food pantries in your neighborhood call the Helpline at 435-3800.

WIC News

- The WIC Program will be closed on Friday, November 11th for Veteran's Day, Thursday, November 24th and Friday, November 25th for Thanksgiving and Monday, December 26th for Christmas.
- **Don't forget to cash ALL of your Farmers Market Checks by November 15th, 2011!** The amount of Farmer's Market checks our program receives next year will depend on the sets of Farmer's Market checks cashed this year. You can buy New York State grown fruits and vegetables like corn, tomatoes, squash, apples, beans, beets, broccoli, carrots, and many more. Please ask WIC staff for the current list of eligible Farmer's Markets available to cash your Farmer's Market checks.
- Attention all pregnant and breastfeeding women! Did you know there is a breastfeeding support group at WIC? Come join in! We meet the 2nd and 4th Thursdays of each month at the WIC office, 375 West Onondaga Street.
- 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 are considered income eligible for WIC.
- **Great News!** Beginning August 1, 2011 all certification periods for children will last for one year!! This will make it easier for you to continue to receive WIC benefits for your children. Please ask WIC staff for additional information about this.

Make Half Your Grains Whole

10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples. Grains are divided into two groups: **whole grains and refined grains.** Whole grains contain the entire grain kernel – the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet reduce their risk of some chronic diseases.

1. **Make simple switches.** To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.
2. **Whole grains can be healthy snacks.** Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.
3. **Save some time.** Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.
4. **Mix it up with whole grains.** Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa (keen-wah) salad or pilaf.
5. **Try whole-wheat versions.** For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.
6. **Bake up some whole-grain goodness.** Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.
7. **Be a good role model for children.** Set a good example for children by serving and eating whole grains every day with meals or as snacks.
8. **Check the label for fiber.** Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.
9. **Know what to look for on the ingredients list.** Read the ingredients list and choose products that name a whole-grain ingredient *first* on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”
10. **Be a smart shopper.** The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain *any* whole grain.





Onondaga County Health Department

2011 Flu & Pneumonia Vaccine Clinics

In Partnership with University of Rochester

ALL clinics are for those 6 months old and older.
FluMist® is available at all clinics for healthy people 2 - 49 years old.

St. Joseph's Church of Camillus

5600 West Genesee Street
 Camillus, NY 13031
Monday, October 24, 3:00 pm - 6:00 pm

LaFayette Alliance Church

6069 Cherry Valley Turnpike (Rt. 20)
 Lafayette, NY 13084
Thursday, October 27, 3:00 pm - 6:00 pm

Solvay-Geddes Community Center

1010 Woods Road
 Syracuse, NY 13209
Saturday, October 29, 9:00 am - 12:00 noon

McChesney Recreation Center

2308 Grant Boulevard
 Syracuse, NY 13208
Wednesday, November 2, 3:00 pm - 6:00 pm

Eastern Hills Bible Church

8277 Cazenovia Road (Rt. 92)
 Manlius, NY 13104
Saturday, November 5, 9:00 am - 12:00 noon

Erwin First United Methodist Church

920 Euclid Avenue
 Syracuse, NY 13210
Wednesday, November 9, 3:00 pm - 6:00 pm

Believers Chapel

7912 Thompson Road
 Cicero, NY 13039
Saturday, November 12, 9:00 am - 12:00 noon

Tucker Missionary Baptist Church

515 Oakwood Avenue
 Syracuse, NY 13205
Saturday, November 19, 9:00 am - 12:00 noon

**Make your appointment online at
www.onflu.net or by calling 435-5752**

Clinics are for Onondaga County residents.

Adult flu shot or FluMist® is \$30.
 Children's flu shot or FluMist® is \$15.
 Pneumonia shots are \$55 (*cash or check only please*).

Cash, Check, Medicare Part B, and Medicaid accepted.
 Most other major insurances can be billed.
 Coverage will depend on your individual plan. If you are not covered, you will be billed.

No one will be turned away due to inability to pay.



UNIVERSITY of
ROCHESTER
 MEDICAL CENTER

Prepare an Emergency Supply Kit...

Take steps **NOW** to prepare for and respond to an emergency. One way to prepare is by making an emergency supply kit.

Your emergency supply kit should contain three days worth of:

- Water: one gallon of water for each person per day
- Non-perishable, ready to eat canned or packaged foods, pet food, and a manual can opener
- Battery-operated AM/FM radio and extra batteries
- Flashlight and batteries
- First Aid Kit, prescription medication, over the counter medication, and eyeglasses
- Whistle to signal for help
- Personal hygiene items, feminine hygiene products, toothbrush, and toothpaste
- Moist towelettes and garbage bags
- Cell phone and chargers including a car charger
- Child care supplies or other special care items



Prepare. Plan. Stay Informed.




Ready. Onondaga County

Joanne M. Mahoney
County Executive



Stephanie A. Miner
Mayor

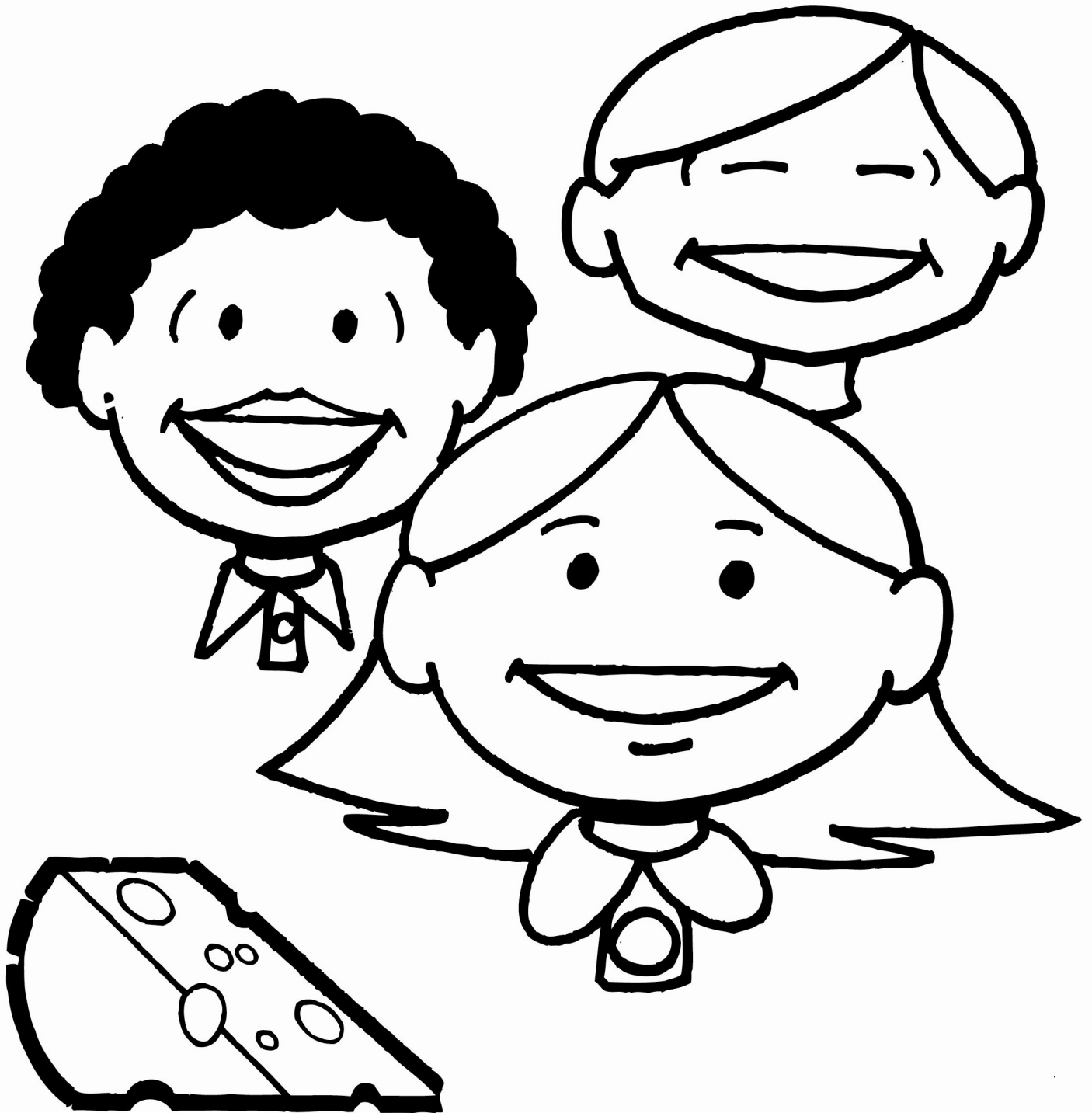


Kevin E. Wisely
Commissioner
Emergency Management

Cynthia B. Morrow, MD, MPH
Commissioner
Health Department



For more information visit:
ready.ongov.net



Milk and Cheese give us calcium for strong bones and teeth.

Here's What's Cooking

Pizza Please!

- 2 whole-wheat tortillas*
- 2 tablespoons tomato paste
- 1/2 teaspoon Italian seasoning
- 1 tomato, thinly sliced*
- 2 tablespoons mozzarella cheese, shredded*

*WIC Foods

Preheat oven to 425°F. Pierce tortillas with a knife and place on a baking sheet. Bake for 2 minutes or until crisp. Spread tomato paste evenly on both tortillas. Sprinkle with Italian seasoning. Add a layer of tomatoes and mozzarella cheese. Bake for 5 minutes or until the cheese has melted.

Makes: 2 servings

Morning Rice

- 1/2 cup cooked brown rice *
- 1/4 cup low-fat milk or soy milk *
- 1 apple (peeled, cored and finely chopped)
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon cinnamon

*WIC Foods

Mix all of the ingredients in a microwave-safe bowl. Heat on high in the microwave for 1-2 minutes or until heated through.

Makes: 1 serving

Be sure to store and handle food in a safe and healthy manner.



Onondaga County Health Department WIC Program
375 West Onondaga Street, Room 12, Syracuse, NY 13202 • 435-3304

Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.



Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
Commissioner of Health

www.ongov.net