



W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **The WIC Food Package— A Nutrition Powerhouse**

WIC food packages are made up of a variety of healthy foods. What exactly makes the foods healthy? The foods have lots of different nutrients that are important for our bodies, especially moms, infants, and children. Some of these nutrients are B-vitamins, iron, calcium, vitamin C, fat and fiber. There are many more things found in healthy foods so when you eat a variety of healthy foods you can ensure you get all your body needs.

B-vitamins: For Energy!

B-vitamins work all over our bodies. They play a major role in making energy from the food we eat so our muscles can move and our bodies can work properly. B-vitamins are also important for proper brain function.

What WIC foods have B-vitamins?

- Eggs
- Milk
- Whole grains (brown rice, whole wheat bread, whole grain tortillas)
- Canned tuna

Iron: For Blood!

Our blood is like our body's transport system. It delivers food and oxygen to all parts of the body. We need the mineral iron from the food we eat to keep our blood healthy and working right. If we don't get enough iron from our food, we can get tired, grumpy, get sick more often and may be at risk for other health problems.

Oct-Dec 2012

Inside this issue:

*Nutrition Spotlight,
Continued* 2

WIC News 3

*What's Cooking:
Rice Meatballs* 4



Nutrition Tidbit:

- *It's important to remember there is no single "miracle" food or nutrient. Taking more of one vitamin or mineral isn't necessarily good, and may actually be harmful, so focus on getting enough of what you need.*

What foods have iron?

- Meat, fish, poultry
- Beans, lentils, tofu
- Iron-enriched WIC cereals and grains
- Dark leafy greens, vegetables

To help your body use iron, do not drink coffee or tea with your meals, and eat iron rich foods with vitamin C-rich foods, like fruits, vegetables or juice. For example, eat WIC cereal with a glass of orange juice.

Calcium: For Bones and Teeth!

Calcium is important for building strong bones and teeth, and for maintaining strong bones for life. Along with getting enough calcium, exercise is just as important for bone health!

What WIC foods provide calcium?

- Milk
- Fortified cereals
- Cheese

Enjoy a breakfast of milk and cereal, have a snack of cheese and fruit, or have a glass of milk with dinner to meet calcium needs!



Vitamin C

Vitamin C helps our bodies fight off colds and illness. Did you know it is also is important for healthy skin?

What WIC foods have vitamin C?

- Fruits (oranges, strawberries, grapefruit, lemons)
- Vegetables (tomatoes, broccoli, cauliflower, bell peppers)
- Fortified juice

Low Fat, High Fiber Foods

WIC food packages include foods that increase the amount of fiber in your diet. Fiber is found in plant foods and is not digested by our bodies, but this is a good thing! Fiber helps move the “junk” out of our bodies. Adults should try to get around 25 grams of fiber each day.

Fat is a source of energy in food, and our bodies use it for many things. We do need some fat, but too much fat can be harmful. Getting too much fat in our diets can lead to health problems like heart disease, obesity and diabetes. Examples of low-fat, high-fiber foods are:

- Vegetables
- Beans
- Whole grains (whole wheat bread, brown rice, whole wheat tortillas)
- Fruit

WIC food packages are designed to offer many of these great nutrients and more. It's important to remember there is no single "miracle" food or nutrient. Taking more of one vitamin or mineral isn't necessarily good, and may actually be harmful, so focus on getting enough of what you need. Ask your WIC nutritionist if you have questions about meeting your nutritional needs!



WIC News

- The WIC office will be closed Monday, November 12th for Veterans Day holiday, Thursday and Friday, November 22nd and 23rd for the Thanksgiving holiday, Tuesday, December 25th for the Christmas holiday and Tuesday, January 1st, 2013 for New Year's Day.
- Farmer's Market checks that can be used through November 15th. Please make sure that you use all of your six Farmer's Market checks by November 15th so that your family can enjoy locally grown fruits and vegetables this summer.
- Check out WIC on Facebook at www.facebook.com/HealthyFamiliesOnondaga. The WIC Program posts a weekly message on the Wall of our Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posting and "like" us!
- 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.
- You only have to recertify your children once a year for WIC instead of twice a year! You will still have the opportunity to check on your child's growth six months after the certification appointment when we do a health and nutrition update.

Here's What's Cooking

Rice Meatballs *Great recipe – bakes in the oven with no fuss!*

Ingredients:

1 pound lean ground beef	1/8 tsp. pepper
2 cups cooked brown rice*	1/2 tsp. garlic powder
1/4 cup finely chopped onion*	2 cans (15 ounces each) tomato sauce*
1 egg*	1 cup water
1/2 tsp. salt	2 tsp. Worcestershire sauce

Directions:

1. Mix ground beef, cooked rice, onion, egg, salt pepper and garlic powder together.
2. Shape the meat mixture into small meatballs (*children love to help make meatballs – roll balls together!*)
3. Place the meatballs in a baking dish. Mix tomato sauce, water and Worcestershire sauce together and pour over meatballs.
4. Cover and bake in a 350° oven for 30 minutes.
5. Remove cover and bake for 30 minutes longer.

*WIC Foods

Serve meatballs over:

- Brown rice
- Noodles
- Mashed potatoes
- Baked potato

Serve with a vegetable:

- Steamed broccoli
- Cooked carrot slices
- Green beans
- Green peas
- Add some finely shredded carrots or finely chopped spinach to the meatballs

Try something different:

- Add 1/2 tsp. chili powder to make spicy meatballs
- Add 2 Tbl. fresh cilantro, basil or parsley to meatballs
- Add 1 Tbl. oregano or Italian herbs to the meatballs

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.

