



# Stork Report

Onondaga County Health Department WIC Program Newsletter Winter 2017

## Pregnancy Facts:

### Pregnancy and Morning Sickness

More than half of all pregnant women may have morning sickness. Sickness can happen at any time of the day. Morning sickness is not harmful to you or your baby. Many doctors think morning sickness is a good sign because it means the placenta is healthy. However, if you are feeling very sick and are having trouble keeping food down, you may want to talk to your doctor.



#### If you have morning sickness:

- Eat small meals often.
- Drink fluids before or after a meal, but not with meals.
- Drink small amounts of fluids during the day.
- Eat plain crackers before getting up in the morning.
- Get plenty of rest during the day.
- Exercise may increase appetite.
- Do not lie down after eating
- Do not skip meals



Source: American Pregnancy Association ([americanpregnancy.org](http://americanpregnancy.org))



Visit us at [facebook.com/OnondagaWIC](https://www.facebook.com/OnondagaWIC)



Don't forget to cash your WIC checks. Using WIC checks at the grocery store will save you money!

## WIC News

- 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, call ahead to make sure you have everything you need to bring to your WIC appointment.
- Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- If you come to your WIC appointment before your scheduled appointment time we cannot guarantee that you will be seen early.
- Please call the WIC office if you cannot make your WIC appointment, so that this time can be offered to another WIC family.

### WIC Clinic and Office will be closed :

Monday, January 2, 2017  
New Year holiday

Monday, January 16, 2017  
Martin Luther King, Jr. holiday

Monday, February 20, 2017  
President's Day holiday

### Check it out!

**wic**strong.com

# Here's What's Cooking

## Baked Banana Oatmeal Cups *Makes 12 "cups"*

### Ingredients:

- 3 cups old fashioned oats \*
  - 2 Tablespoons brown sugar
  - 1/2 teaspoon ground cinnamon
  - 1/4 teaspoon salt
  - 2 teaspoons baking powder
  - 1 cup mashed ripe banana \*
  - 2 Tablespoons olive oil
  - 2 large eggs\*
  - 1 teaspoon vanilla
  - 2 cups skim milk \*
  - 2 Tablespoons mini chocolate chips (optional)
- \*= WIC FOODS



### Instructions:

1. Preheat oven to 350 degrees F. Spray a 12 cup muffin tin with cooking spray or line with paper liners. (see notes below)
2. In a large bowl combine oats, brown sugar, cinnamon, salt and baking powder.
3. In a separate bowl whisk together mashed bananas, oil, eggs and vanilla until well combined. Whisk in milk.
4. Pour milk mixture over oat mixture and stir well to combine. The batter is going to be very liquidy and appear like it's not holding together. It's not supposed to; just stir until everything is well combined. It's going to look very soupy.
5. Use an ice cream scoop or a ladle to fill the prepared muffin cups all the way to the top. Try to insure each cup is filled pretty evenly with oats and liquid. You don't want to end up with a cup that is mostly liquid without a good amount of oats.
6. Sprinkle the tops with chocolate chips and bake for about 20-25 minutes or until set and just lightly brown on the edges. (Baking time may be slightly longer if you use paper liners)
7. If you didn't use liners, allow the cups to cool completely for easiest removal, then reheat to serve warm. Or, if you used the liners, allow to set for about 5-10 minutes, and then remove from pan.

Source: *The Merchant Baker*

*Dear Wilma WIC,  
My doctor mentioned I am gaining weight too fast.  
What should I do?*

*Signed, Worried Wendy*

Dear Wendy,  
Try these tips:

- 1) Write down what you eat and drink for a few days. Use the food tracker at [www.choosemyplate.gov](http://www.choosemyplate.gov).
- 2) Use [www.choosemyplate.gov](http://www.choosemyplate.gov) to find easy and healthy recipes.
- 3) Focus on eating a healthy diet and being active everyday. Be sure to check with your doctor before starting any new exercise routines and remember; taking a daily 20-30 min walk can help you manage weight gain and provide you with energy!

## Protect Yourself and Your Child against the Flu

Getting yourself and your child a flu vaccine (shot) each year is the best way to prevent flu infection. **Flu vaccination** is recommended for everyone 6 months and older. If your child is under 6 months old, they are too young to be vaccinated, so it is very important for you and all other household contacts to get a flu vaccine. Ask your health care provider about getting flu vaccine for your family. No health insurance? Call the Onondaga County Health Department at 435-2000 to find out how you can get a flu vaccine.



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For other complaints contact: (1) mail: WIC Program Director, NYSDOH, Riverview Center Room 650, 150 Broadway, Albany, NY 12204; or (2) phone: The Growing up Healthy Hotline at 1-800-522-5006; or (3) email: [NYSWIC@HEALTHY.NY.GOV](mailto:NYSWIC@HEALTHY.NY.GOV)



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