



# wic Tribune

Onondaga County Health Department WIC Program Newsletter **Winter 2017**

## Nutrition Spotlight: Whole Grains



Whole grains are a good source of iron, B vitamins, and other minerals providing children with the energy they need to play and learn.

Whole grains can help reduce constipation by providing dietary fiber. High-fiber foods also fill tummies up on fewer calories helping kids to feel full longer and maintain a healthy weight as they grow.

### Choosing a Whole Grain - How Do I Know?

An easy way to know that you are choosing a whole grain is to look for the word "whole" on the ingredient list and to choose foods with a whole grain listed first on the label.

Examples: "whole wheat," "whole-grain cornmeal," "whole oats," and "whole rye."

| Instead of                         | Choose                                                           |
|------------------------------------|------------------------------------------------------------------|
| White Rice                         | Brown Rice                                                       |
| White Flour                        | Wheat Flour                                                      |
| White Bread                        | 100% Whole Wheat or other 100% Whole Grain Bread                 |
| White Spaghetti, Macaroni, Noodles | Whole Wheat Spaghetti, Whole Wheat Macaroni, Whole Wheat Noodles |
| Flour Tortillas                    | Whole Wheat Tortillas, Whole Corn Tortillas                      |
| Crackers                           | Whole Wheat Crackers                                             |



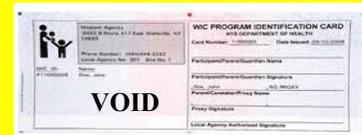
Visit us at [facebook.com/OnondagaWIC](https://www.facebook.com/OnondagaWIC)



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

# Here's What's Cooking

## Vegetarian Chili

Serves 4, Serving Size: 1- 1 1/2 cups

### Ingredients:

- 1 medium onion\*, chopped
- 2 tablespoons oil
- 3 cans (15-16 ounce each) or 6 cups cooked beans (drain and rinse canned beans)\*
- 3 (14-16 ounce) cans of tomatoes (about six cups)\*
- 2 carrots\*, sliced
- ½ cup rinsed lentils\*
- 1-2 tablespoons chili powder
- 1 tablespoon parsley
- 1 cup cheddar cheese\*, grated
- Whole grain bread\* (optional)
- \*WIC foods



### Instructions:

1. Cook onions
2. Mix in beans, tomatoes, and carrots
3. Add chili powder to taste, add parsley
4. Simmer 1 ½ hours, or until carrots are cooked
5. Serve in large bowls, topped with cheese
6. Serve with whole grain bread



## 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.

Check it out!  
**wic**strong.com



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they apply for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

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@HEALTH.NY.GOV](mailto:NYSWIC@HEALTH.NY.GOV)



**ongovhealth**  
**Onondaga County**  
**Health Department**

[ongov.net/health](http://ongov.net/health) - [facebook.com/ongovhealth](https://www.facebook.com/ongovhealth)