



# 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



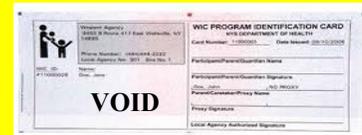
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Don't forget to cash your WIC checks. Using WIC checks at the grocery store will save you money!

## 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



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



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