

WIC Life – Fall - Winter 2021 Edition

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
Find us on Facebook at www.facebook.com/ofoinc



Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 5:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are normally open on the 4th Saturday of the month from 8:30AM – 12:30PM. Due to COVID we are not offering any Saturday or late evening appointments.

Outreach Days

Richfield Springs	1 st Friday and 3 rd Monday of the month 9:45AM – 2:00PM*
Cooperstown	2 nd Tuesday of the month 9:30AM – 2:00PM*
Cherry Valley	3 rd Friday of the month 9:45AM – 2:00PM*

*Our last appointment on site days is 1:30PM

Closings

WIC is closed for in person appointments and is currently only doing remote appointments. The agency is getting closer to reopening by appointments only!

Contact Us:

Phone: 607.433.8071 or 607.433.8000
Fax: 607.433.8066

What is WIC Life?

WIC Life is our new newsletter format with tips and tricks to help you make the most of your WIC enrollment. Whether you're interested in diet tips, ways to stay active, shopping tips, or healthy recipes, we're sure you'll find something of interest in each newsletter. And don't forget to check the WIC section of the Opportunities for Otsego webpage for our online edition.

Shopping with Susan WIC Shopping Tips from a Real WIC Mom eWIC Troubleshooting Tips

Do you ever go to use your WIC card and wonder why a receipt prints out during the middle of your WIC transaction? This receipt allows you to verify that what you are purchasing with your eWIC card does in fact come off of your WIC benefits. Before you confirm the monetary amount coming off of your WIC benefits, review that receipt to make sure everything is correct. If you have any questions with your purchases, address them immediately! Once you hit yes agreeing to the amount of the WIC purchase, it makes it so more difficult to void the transaction. If the cashier does not give you the mid-transaction receipt, feel free to ask to see it. They are supposed to be providing it to you prior to you agreeing to the purchase amount. Some cashiers are not aware of this and will hold on to the receipt till the end of your transaction. If you politely say you would like to review it and explain to them why it might make future transactions more successful for both you and them.



Move It to Lose It Diet and Physical Activity Tips

With the temperature cooling, it is becoming easier to get outside and comfortably get in some exercise, whether it be, hiking, biking, walking, running, or playing sports. As the temperature continues to cool and we get ready for another fun winter, transitioning to winter sports or even indoor exercise can be a struggle. Hiking paths can still be accessible, depending on the trail and area, skiing becomes the outside sport many look forward to and many activities can be transitioned to indoors such as by finding places to walk or run. Keeping active helps us be ready for when we have to shovel when the snow starts to fall. Part of staying active involves eating right to fuel our bodies. As the temperatures get colder and more holidays are celebrated, we often find ourselves eating heavier, more comforting meals. The fall has its own variety of seasonal produce like, winter squashes, potatoes and apples. There are many ways to incorporate them into your diet and like other foods, how you season them make all the difference. Remember, healthy eating and being physically active are habits that takes time to incorporate into your every day. Do what you can, starting small is a step in the right direction.

What's Cookin'

Using your Winter Farmers' Market finds!

Mediterranean Squash Stew

- ½ Butternut Squash (3 cups cubed)
- ¼ bunch of kale (2 cups chopped)*
- ½ onion (1/2 cup chopped)
- 2 cloves garlic
- 1 ¾ cups diced tomatoes
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- 1 teaspoon mustard
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 2 cups cooked rice

Directions:

1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard oregano and salt in a medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes, or until onion is soft.
6. Stir in the squash and sauce. Cover pan, increase heat to medium-high, and cook 15 minutes, or until squash is tender.
7. Add rice and kale. Cover and cook another 5 minutes.

*or substitute spinach or other fresh greens.

Recipe makes 4-5 servings

Squash is also great roasted and mixed with other roasted vegetables. Roasted squash is great in a salad!

Kids can help by removing the seeds, placing pieces on a baking sheet or in a container for later cooking and by handing you ingredients!

Winter squash can be stored in a cool, dry place for several weeks.

Inside Scoop: WIC News You Can Use

WIC News and Program Updates

Q. What if I can't download the WIC2go app?

A. Try the <https://www.wicconnect.com>. You can create an account and access your benefit information over this secure website. Or, during our business hours, you can call the WIC office and we can tell you when your benefits start, when they end, and what you have left to use before they end.

Q. If I lose my eWIC card, do I have to come in to pick up a new one?

A. If we have the name of the person you named as caretaker or proxy in our database, that person can come in to pick up a new eWIC card. Currently with the COVID Pandemic we are allowed to mail them, you can still come pick it up if you prefer!

Family Life Hacks– Low cost, No Cost Family Fun with Maryann

It is pumpkin picking time. A fun activity to do as a family. There are lots of places to go and pick one out. Farmers markets, fruit and vegetable stands, and even grocery stores. There are lots of different ways to decorate them. Some ideas other than carving them are:

Paint the Pumpkin. Pumpkin painting is great for all ages and simple enough for even the youngest of kids.

Decorate the Pumpkin with Stickers.

Make a Glitter Pumpkin.

Glue Things to the Pumpkin.

There are different types of pumpkins. Mini, white, warty, pie, and Cinderella just to name a few. Mixing the types and the way you decorate them can be a fun activity for your family. The sky is the limit! Have fun and enjoy.

Peer Counselors' Corner Words from Wise Women with Ginny and Diana Pregnancy and Lactation in the Time of COVID-19

We all have had the COVID-19 Pandemic affect our lives in so many ways. It can be time consuming and confusing to find the information we need to keep ourselves, our family and our communities safe. Recently more pregnant and nursing WIC moms have been asking about COVID-19 vaccination during pregnancy /lactation. Who to talk to and where to look to look to find the evidence based information in order to make the best decisions can be confusing and time consuming.

The first place to start is your Prenatal Care Provider. Make it a point to discuss the safety/efficacy of the vaccines and which is best for you. One question to address is should Pregnant and Breastfeeding Moms to get the vaccine?

The CDC strongly suggests that everyone over the age of 12 be vaccinated against COVID-19. Pregnant women are considered to be high risk for severe COVID-19 illness due to having a compromised immune system. Vaccines have been shown to increase immunity and decrease the likelihood of contracting the virus. Pregnant women who have been vaccinated have not had any safety concerns.

Second visit reputable internet sites. Here is a list of internet websites will be helpful in your decision making process:

<https://www.acog.org/womens-health/faqs/coronavirus-covid-19-pregnancy-and-breastfeeding>

<https://www.aap.org/en/news-room/news-releases/aap/2021/american-academy-of-pediatrics-guidance-the-covid-19-vaccine-is-safe-effective-and-should-be-given-to-all-who-are-eligible/>

<https://www.aafp.org/news/blogs/leadervoices/entry/20210330lv-vaccspregnancy.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/pfizer-biontech-covid-19-vaccine-frequently-asked-questions>

Nutritionist's Choice

Here you will find an interesting article on a nutrition topic written by one of our WIC nutritionists or a guest nutritionist. We want you to know why and how what you eat matters.

Nutrient Focus: Vitamins

We all want to get the most out of the foods we eat and part of the process involves making sure we get the right nutrients. We all hear about how important vitamins are, did you know there are water soluble and fat soluble vitamins? This means that specific vitamins need to be absorbed into the body with fat or water to be effective. So, what vitamins are fat soluble and which are water soluble and where can we find them?

Water soluble vitamins are vitamins that can be dissolve in water and are readily absorbed into the body for immediate use. They are not stored in the body and excess is excreted. These vitamins are the B Vitamins and Vitamin C. Vitamin B1 or thiamine, helps to release energy from foods and is important for the nervous system. It can be found in pork, whole grain breads and cereals, legumes, nuts and seeds. Vitamin B2 or riboflavin, helps promote good vision and healthy skin and plays an important role in converting the amino acid tryptophan into niacin. It can be found in dairy products, leafy green vegetables, whole grains and enriched breads and cereals. Niacin is Vitamin B3, which aids in digestion, metabolism, and normal enzyme function while promoting healthy skin and nails. It can be found in meats, poultry, fish, whole grains or enriched breads and cereals, vegetables (especially mushrooms, asparagus and leafy green vegetables) and peanut butter. Vitamin B5 or pantothenic acid, aids in metabolism and the formation of hormones and is found in a variety of foods. Vitamin B6 or pyridoxine, aids in protein metabolism and the production of red blood cells, insulin and hemoglobin, or iron. It can be found in meat, fish, protein, fruits and vegetables. Vitamin B7 or biotin, helps release energy from carbohydrates and aids in the metabolism of fats, proteins, and carbohydrates from food. It is widespread in foods and is produced in the intestinal tract by bacteria. Vitamin B9 or folate/folic acid, also aids in protein metabolism and red blood cell formation and may reduce the risk of neural tube birth defects. It can be found in leafy green vegetables and legumes, seeds, orange juice, liver and is added to most refined grains. Vitamin B12 or cobalamin, aids in the production of normal red blood cells and maintaining the nervous system. It can be found in meat, poultry, fish, seafood, eggs, and dairy products, it is not found in plant based foods. Vitamin C or ascorbic acid, is central to iron absorption and collagen synthesis. It also aids in wound healing and bone formation while improving overall immune health. It is found only in fruits and vegetables, especially citrus fruits, vegetables in the cabbage family, cantaloupe, strawberries, peppers, tomatoes, potatoes, lettuce, papayas, mangoes and kiwi fruits. These foods are best cooked with spices and no additional fats added, think grilled, roasted or baked meats and vegetables.

Fat soluble vitamins are dissolved in fats and absorbed by fat globules the travel through the small intestine and distributed through the body in the bloodstream. Fat soluble vitamins are stored in the liver and fatty tissue for future use, these are vitamins A, D, E and K. Vitamin A is important for bone formation, tooth formation and vision. It contributes to cellular and immune function while keeping the intestines working properly. Vitamin A or retinal is from animal sources such as fortified milk, cheese, cream, butter, fortified margarine, eggs and liver. It's precursor Beta-Carotene is found in plant sources such as leafy, dark green vegetables, and dark orange fruits and vegetables. Vitamin D aids in the development of teeth and bone by encouraging the absorption and metabolism of phosphorus and calcium. It can be found in egg yolks, liver, fatty fish, fortified milk and margarine and when exposed to sunlight, the skin can make it. Vitamin E is an antioxidant that helps fight infection and keeps red blood cells healthy. It can be found in polyunsaturated plant oils like soybean, corn, cottonseed or safflower, leafy green vegetables, wheat germ, whole grain products, liver, egg yolk, and nuts and seeds. Vitamin K is central in blood clotting and keeping bones healthy. It can be found in leafy green vegetables such as kale and spinach, green vegetables such as broccoli and asparagus and is also produced in the intestinal tract by bacteria.

These are the major vitamins, we also need to consume sources of minerals and micronutrients such as zinc, iron, fiber, calcium and potassium. Many foods contain a variety of nutrients and are great sources! Vitamins all work together to ensure our bodies perform at their optimum levels and following a healthy and varied diet is part of the mix. Talk to your doctor about possible supplementation if you feel you aren't getting what you need in your diet or your WIC nutritionist to help with your eating habits. WIC is here to help!

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- (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.

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