Fall 2015

Frederick County WIC

350 Montevue Lane
Frederick MD 21702
301-600-2507
FrederickCountyMD.gov/WIC

Energize Your Brain with Breakfast!

Breakfast is the most important meal of the day. When you eat breakfast, you are more likely to have a healthy weight and you boost your physical and mental power. When you skip breakfast, you often eat too much at lunch and dinner, have more sugary drinks, and eat unhealthy snacks throughout the day.

Breakfast does not have to happen as soon as you get out of bed. It can be any food eaten within two hours of waking up. If you do not like typical breakfast foods think outside the box! Leftover food from the night before can be just as healthy as any normal breakfast food. If lack of time is a concern for your family, make breakfast the night before or eat something like oatmeal that only takes 2 minutes in the microwave.

Here are some tips for building an energy filled breakfast.

- Include one serving of fruits or vegetables
- Eat lean protein– low-fat milk, yogurt, eggs, peanut butter, beans, or fish
- Eat whole grains—whole grain cereal, brown rice, oatmeal or whole wheat bread
- Avoid eating added sugar and saturated fat– choose foods with less than 5 grams of sugar per serving and choose healthy fats from seeds, nuts, fish, or avocado

Breakfast Recipe: Pumpkin Oatmeal

Serves 2

1/2 cup canned pumpkin (WIC food)
3/4 cup low-fat or fat-free milk (WIC food)
1 1/4 cup water
1 cup rolled oats
1 teaspoon ground cinnamon
1/4 teaspoon each ground ginger, cloves, nutmeg, or **1 teaspoon** pumpkin pie spice (optional)
1/4 cup walnuts (optional)
1 tablespoon brown sugar or dried fruit (optional)

Directions:
Whisk the pumpkin, milk, and 1 1/4 cups water in a pot. Add the oats, cinnamon, and spices (optional). Cook over medium-low heat until the mixture just comes to a boil, 2 to 5 minutes. Turn to low for 5 more minutes. Add walnuts, brown sugar or dried fruit if you choose.

Source: *Good and Cheap* by Leanne Brown

Meet Some of the Frederick County WIC Breastfeeding Staff!

Claudine LoProto started with the Frederick County WIC program as a breastfeeding peer counselor in 2013. When she started she was breastfeeding her third child. This inspired her to apply for the job. She was so excited to support other moms who decided to breastfeed. It was a time in her life that she describes as, a lovely experience. Claudine's children are 14, 11, and 4 years old. She breastfed all three of her children for 11 ½ months and beyond.

Claudine's grandmother encouraged her when she made the decision to breastfeed. Claudine has a twin sister and her mother breastfed both of them. Having other women in her life who had experience breastfeeding helped her to stick to it and find support when she needed it. With her first child she had some problems getting her to latch. She reached out to nurses at the hospital where she delivered and they made a visit to her home to help.

After her second child, Claudine had to return to work. While she worked she pumped breast milk during breaks. She said pumping had its own challenges. Making sure all of the pump parts were clean was a never ending job. With the added stress of working, her milk supply decreased but she was able to recover her supply when she settled into a routine.

If you are a WIC participant and would like to speak with Claudine about breastfeeding, she can be reached at 301-600-4953. Claudine speaks both English and Spanish.

Shari Lotito started working for Frederick County WIC in 2012 as a nutritionist. In 2015 she became a certified lactation counselor and the breastfeeding peer counselor coordinator for WIC. Shari has two children ages 11 and 8 1/2 years. She breastfed her older child for 7 months and her youngest for 9 months.

With both experiences she had all of the normal complications; sore nipples, a low milk supply, problems getting the baby to latch. She pushed through the problems and did not give up. She found very little support in the community and her mother or grandmother did not choose to breastfeed. Shari did have the support of her husband who was just as committed as she was to making it work. She also read a lot of information in books before getting started.

Shari looks forward to being a community support person for all WIC moms because she understands the importance of that support. Her nutrition background also means she can help moms who have health or nutrition concerns and would like to breastfeed.

If you are a WIC participant and you have questions about the benefits of breastfeeding for both mom and baby call Shari, 301-600-3192.

WIC Offers New Class on Newborn Babies

Frederick County WIC is offering a new class, "Getting To Know Your Newborn", for all pregnant women enrolled in WIC. The class will be a time to connect with other pregnant women, both new moms and women with other children. Information will be shared about baby sleep patterns, calming a crying baby, why babies cry, and reading your baby's cues. We will also discuss bonding with your baby in the first few days after birth and feeding your baby. Classes will be held at the WIC office. They are also a chance for families to pick up WIC checks at the same time. Each class will have a breastfeeding peer counselor present to answer any breastfeeding questions. Classes will be held on Tuesdays at 11 am, Thursdays at 3:30 pm and one Saturday per month at 9 am. As with any WIC appointment, family and friends are welcome to attend too.

USDA is an equal opportunity provider and employer.