Winter Newsletter 2013

Frederick County WIC Program

Frederick County Health Department
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Eating Better for Less

Does it cost more to choose healthy foods? Many believe that it is more expensive to choose fruits and vegetables.

Here are some tips to save money while feeding your family a healthy diet:

- Choose fruits and vegetables when in season and plentiful as the price will be lower.
- Fresh, frozen and canned vegetables and fruits can all be healthy.
- Stock up on frozen and canned items during special sales.
- Avoid the more expensive precut and prewashed produce choices.
- Shop along the outside edge of the store for good buys on fresh, unprocessed items.
- Use a shopping list, coupons, grocery ads and the store's bonus card to get the most for your money.
- Buy in bulk when you can but buy just what you will use. Americans waste about 1/3 of the food they buy.
- Buy less overall; practice good portion control.
- Choose inexpensive proteins like eggs, peanut butter, beans, nuts and seeds. Go meatless once or twice a week.

Having a Tough Day?

- Breathe deeply a few times.
- Take a few minutes to do some stressed-out stretches:
  Clasp hands and reach for the ceiling, reach, reach for several seconds. Bring hands down to shoulder level and reach, reach.
  Lift shoulders up to ears a few times.
  Tip head to left side, to right side, repeat a few times.
- Breathe deeply a few more times.

Upcoming Events

January, February and March

Check Pick Up Discussion Topic :

Eating Better for Less

Quick WIC Kitchen

Turkey Spanish Rice

½ cup onion, chopped
½ cup green pepper, chopped
½ cup celery, chopped
1/2 cup brown rice, uncooked
2 teaspoons vegetable oil
1 can (15 ounces) diced tomatoes
1 cup turkey, cooked and diced
1 ½ cups water
½ teaspoon chili powder
Dash pepper
1 bay leaf

Cook vegetables and rice in skillet or saucepan with vegetable oil until vegetables begin to soften, about 5 minutes. Reduce heat, cover and cook slowly until rice is tender, about 25 minutes. Stir a few times to prevent sticking. Remove bay leaf before serving. Serves 4.

Are You Too Embarrassed to Breastfeed?

Pregnant women may wonder about their modesty if they choose to breastfeed. You may not realize how discreetly you can nurse your baby.

You know that breastmilk is better for your baby and you want to give your baby the best. Here's what to think about:

- After delivery, spend time at home recovering, learning to know your baby, and adjusting to your new role. Give baby time to become an expert breastfeeder. Eventually, when it's time to go back out in public, you will be more comfortable as a breastfeeding mom.
- While out in public, you can always find a spot to breastfeed. Out-of the- way locations can be dressing rooms, a corner booth in a restaurant, a distant chair in the furniture store, your parked car or a room specially provided for breastfeeding.
- At WIC we sometimes suggest that a mom can wear two shirts, a tank type underneath with easy access. The larger shirt on top can blouse over while you nurse. This prevents your torso from being exposed. If the two tops are the same color, it is very difficult to notice that you are feeding your baby.
- Remember, there will always be people who can object to your actions. Don't let their attitudes distract you! Surround yourself with people who support your choice to breastfeed. You will never regret your decision.

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