Fall Newsletter 2012

Frederick County WIC Program

Frederick County Health Department
350 Montevue Lane, Frederick MD 21702
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What Do You Do When It 's Time to Eat?

We want to know how you answer that question and how you provide quick healthy meals in your own kitchen in upcoming check pickups. We'll also provide some ideas to help you get in and out of the kitchen fast, while saving money.

The number one reason people say they do not eat healthy is lack of eno ugh time. Taking a few minutes to plan ahead at the beginning of the week is the most important way to successfully offer quick and healthy meals from your kitchen. Once you have your plan, you can prepare some things in advance, get other family members involved and thaw some things in the refrigerator the night before to make the most of your time.

We'll talk about some other secrets to success such as having "go-to" recipes, a well-stocked pantry, and confidence in your basic cooking skills. It is not necessary to be a chef to prepare healthy delicious meals!

We look forward to discussing these ideas and more. Remember, planning ahead improves your health, saves dollars and cents and gives you more time for other family activities!

Pregnant? Taking Medicines?

Get information to discuss with your doctor on this new website from the Food and Drug Administration

www.fda.gov/pregnancyregistries

Upcoming Events

October, November, and December 2012

Check Pick Up Discussion Topic :

Family Meal Planning and Preparation

Quick WIC Kitchen

Fruit and Rice Stuffing Dish

2 ½ cups cooked brown rice or wild rice mixture
1 small onion, chopped
2 stalks celery, chopped
1 apple, cored and chopped
½ cup dried cranberries or raisins
¼ tsp. dried sage or thyme
½ tsp. dried parsley
¼ tsp black pepper

Cook chopped fruit and vegetables in 2 TB. of olive oil until they are slightly tender. Stir in dried fruit, seasonings, and rice. Chopped walnuts, pecans or almonds can be sprinkled over the dish before serving.
Serves 6 - 8.

Returning to Work or School?

Tips for Breastfeeding Moms

- It is possible to breastfeed while working or attending school! Just make some plans ahead of time.
- Having a sitter nearby makes it possible for you to go to your baby and nurse at a work break or between classes.
- Ask WIC staff for information about a mother's legal right to pump milk while at work.
- Talk to WIC breastfeeding staff about how to pump and store your milk. You will want to start 10 - 14 days ahead of time. Your sitter can then give your breast milk in a bottl
- The week before, start giving your baby one bottle feeding of bre durin g the time you will be away from

Sign Up Today! Free!

Text4baby provides WIC clients with health messages and can even remind them about WIC appointments. This free texting service is for pregnant women and moms with infants under age one even if the woman does not have text messaging. To receive three messages each week timed to your baby's birth, text BABY or BEBE (Spanish) to 511411.

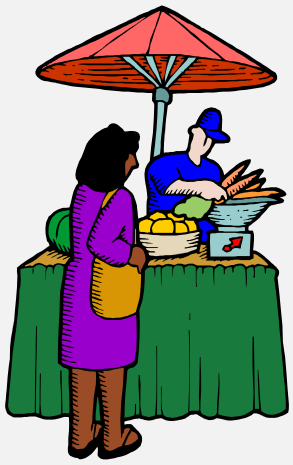
g the time you will be away from your baby.from your baby.your baby.from your baby.your baby.

- Take a cooler to work to safely store your pumped breast milk.
- Pick up a copy of WIC's brochure, Successful Breastfeeding When Away from Your Baby.
- Ask questions of WIC staff if there is anything you do not understand. We are here to help!

Depression and New Moms

It is common to feel sad or blue after giving birth. These feelings only last for the first week or two. If you continue to feel sad, anxious, overwhelmed, have no appetite, cannot sleep and/or cry often, you may have a more serious depression. Call your doctor and get treated so you can take proper care of your baby and yourself. Here is a phone line for moms with postpartum depression. 1-800-PPD MOMS (1-800-773-6667).

This institution is an equal opportunity provider and employer.



REMEMBER

Use your Farmer 's Market coupons as soon as possible. Markets begin to close in October.