

# October November December 2017 Newsletter

# SPCC WIC

Volume I  
Issue 4



The WIC offices will be closed on the following dates:

**OCTOBER** 9th-Columbus Day

**OCTOBER** 13th-Staff Training

**NOVEMBER** 7th-Election Day

**NOVEMBER** 10th-Veteran's Day

**NOVEMBER** 23rd&24th-Thanksgiving

**DECEMBER** 8th-Staff Training

**DECEMBER** 22nd & 25th Christmas Holiday

## Staff Profile of the Month

## Ellen

Ellen is quite a familiar face around WIC offices because she has worked at WIC as a Program Assistant since January 1990. That's over 27 years! She has worked in the program longer than many WIC moms have been alive! In recent years, she has started to serve the 2<sup>nd</sup> generation of WIC children.

If you ask Ellen why she has remained in her job for so long, she says "I really likes serving the public and helping in any way I can to make a family's WIC experience go well."

Ellen has always been surrounded by a large family. As one of 5 children, she grew up in Geneva and has 2 grown children and now 2 grandchildren! Family is most important to her and she spends as much time with them as she can. During lunch time you might find Ellen eating a nice healthy salad with either turkey or steak on it. If you see Ellen in clinic, tell her "Hello!"

### Don't forget!!!

If you haven't cashed your Farmer's Market Checks yet, they can be used through November 30<sup>th</sup>!

Apples, pumpkins, zucchini & squash along with many other fall fruits and veggies are still abundant!

## Recipe of the Month Zucchini Bread

Makes 12 slices

2 Cups coarsely shredded zucchini  
3 cups flour  
1  $\frac{3}{4}$  cups sugar  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. ground cinnamon  
 $\frac{1}{4}$  tsp. Baking powder  
 $\frac{3}{4}$  cup applesauce  
 $\frac{1}{2}$  cup egg substitute or 3 egg whites  
 $\frac{1}{3}$  cup vegetable oil  
1 TBSP. vanilla

Heat oven to 350 degrees

1. Combine all dry ingredients in a large bowl.
2. Combine & mix well, zucchini, applesauce, egg, oil & vanilla in a separate bowl.
3. Add dry ingredients stirring until moistened.
4. Spray 2 loaf pans with cooking spray.
5. Pour half of the batter into each one.
6. Bake for approximately 60 minutes or until toothpick comes out clean.



(OVER)

# The more you know.....

## Food Safety during the holidays

☺ **To avoid food-borne illness, follow these tips for proper storage of leftovers and other previously-cooked foods.**

- **Refrigerate** foods quickly because cold temperatures keep most harmful bacteria from growing and multiplying. Refrigerate or freeze perishables, prepared food and leftovers within two hours. Foods left out longer should be discarded.
- **Divide** large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- With poultry and other stuffed meats, **remove** the stuffing and refrigerate it in a separate container.
- **Place hot foods** directly into the refrigerator or freezer, but don't overload the container. Cool air needs to circulate to keep food safe.
- **Use refrigerated leftovers** within three to four days. Freeze quantities that can't be used by then. Since bacteria can't grow at freezer temperatures, food is generally safe while frozen, but you'll need to use the frozen foods in a reasonable length of time for best quality.
- **Reheat leftovers** thoroughly to a temperature of 165 °F or until hot and steaming. Soups and gravies should be brought to a rolling boil.
- If you are reheating leftovers in the microwave, **use only microwave-safe dishes**. Remove food from plastic wrap, Styrofoam and/or freezer containers.
- When **reheating in the microwave** turn the dish midway through cooking, reposition it on rotating table, rearrange or stir food, and turn large food items over.
- **Allow food to stand** after microwaving because the food will continue to cook after the microwave is off.



This institution is an equal opportunity provider.

## Baby Cafés

A Baby Café is a free resource for pregnant and breastfeeding mothers to get support from specifically-trained staff and to share experiences with other Moms.

### Café locations in our area:

**Child & Family Resource Center**  
514 So Main St Canandaigua  
585-919-2476

1<sup>st</sup> & 3<sup>rd</sup> Wed 10:00-11:30 a.m.

**Child & Family Resource Center**  
263 Lake Street, Penn Yan NY  
315-536-1134

1<sup>st</sup> & 3<sup>rd</sup> Thursday 9:30-11:00 a.m.

**Park Presbyterian Church**  
110 Maple Court, Newark  
315-946-5749

2<sup>nd</sup> & 4<sup>th</sup> Thursday 10:00-12:00

### WIC Breastfeeding Peer Counselors

Are here to help you! We have two Peer Counselors who are available to provide support, guidance or just a friendly ear. Both are WIC participants with who have breastfed their babies and are specifically trained to provide you support.

Contact us (see info below) or ask about them at your next WIC appointment.



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Text us @ 585-481-8488

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