

April, May, & June 2018

Newsletter



SPCC WIC

Volume 2
Issue 2

The WIC offices will be closed on the following dates:

April 13th All Agency Training AND 30th Regional Training

May 11th Staff Training AND 28th Memorial Day

June 8th Staff Training

Please be sure to follow the [SPCC WIC Facebook page](#) for updates on clinic closings.

Staff Profile of the Month

WIC Qualified Nutritionist and CLC

Amanda

You may recognize Amanda from when she **FIRST** started at WIC in June of 2014. After working here for over a year, she decided to take a year off and travel. She spent a year exploring what our wonderful country has to offer.

Now she is back at WIC doing what she loves: having an impact on growing healthy families and helping them celebrate their victories together.

Amanda has many hobbies including sewing and crocheting. She enjoys being outside hiking and gardening as well as canning her own food and living as sustainably as possible.

Don't forget!!!

eWIC is just a swipe away! Easy, Simple, Convenient!

eWIC is the transition from paper checks to an electronic benefit card. **No more paper checks!** Only buy the food you need each time! Easier checkout!

Ask about eWIC at your next appointment!

Recipe of the Month

Enjoy a refreshing beverage (recipe) and make sugary drinks only an occasional treat.

SPA Fresh Water

Makes 8 servings

½ orange, sliced
½ cucumber, sliced
½ lemon, sliced
½ lime, sliced
2-3 sprigs of mint (optional)
64 oz. water

Place all ingredients into a pitcher and stir. Cover and chill in the refrigerator for 2 hours before serving.

Try different combinations of your favorite fruits and herbs!



Come visit the **WIC Mobile RV** starting in April. Check us out on **SPCC WIC Facebook** for upcoming events!

The more you know.....

Pause to Play- Reduce Screen Time!

Screen Free Week will be celebrated April 30th-May 6th this year! Plan to unplug from digital entertainment and spend all that free time playing, reading, daydreaming, creating, exploring, and connecting with family and friends!

Did you know?

Too much TV is not good for anyone at any age. Children who watch too much TV are more likely to be obese, get less physical activity, read less, and are more prone to be diagnosed with hyperactivity later in life. The Academy of Pediatrics recommends that *children under the age of two watch no TV at all and children over two year of age watch less than 2 hours per day*. It is also recommended that children watch no more than 30 minutes of TV at a time. Is your family watching too much TV?

Here are some simple solutions to help you **turn off the TV-**

- Get the TV out of the bedroom
- Set family limits on how much TV can be watched daily
- Don't keep the TV on all the time
- Don't watch TV during meals
- Make a list with your children of things you can do besides watch TV. Be creative!

Turn off the TV and Start Moving!

If you have questions about Screen Free Week, take advantage of **FREE** individualized counseling with our knowledgeable WIC staff!

This Institution is an Equal Opportunity Provider.



WIC Breastfeeding Corner

Colostrum

Mother's First Breast Milk!

Colostrum is the first "milk" your baby gets from birth through the first 4 to 5 days. Colostrum is clear or yellowish in color and mothers may leak small amounts from their breasts as early as the fourth or fifth month of pregnancy.

Colostrum is the best first food for your baby:

- It provides all the nutrition your baby needs in their first few days of life
- It is FREE and READY TO USE
- It helps babies pass their first bowel movements
- It is full of antibodies that can help your baby fight infection – it's like FREE medicine!

For more breastfeeding tips Like our **SPCC WIC Facebook** page.

You're invited to join our Facebook Group!

"WIC Moms Talk Breastfeeding"

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