



The WIC offices will be closed on the following dates:

July 4th Holiday, 13th Staff Training, AND 31st All Agency Training

August 3rd Staff Training

September 3rd Holiday AND 14th Staff Training

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

Staff Profile of the Month

Alissa

WIC Peer Counselor since March 2016

This month you are going to learn about Alissa, from a blog that she authored about breastfeeding. Enjoy!

This month I'd like to touch base on the stigma of breastfeeding in public. When I had my first child, I was so nervous to nurse in public. He hated the covers and I was always looking for a dressing room or worse, a bathroom, to nurse in. By my 2nd and 3rd child I realized it's all about YOU and your baby's level of comfort, not other people.

My WIC peer counselor 13 years ago was amazing and was genuinely the reason I never gave up. I have since nursed 3 children for a total of 8 years. I truly believe **support** is the foundation for a wonderful breastfeeding relationship. A reason I love this program is we address the barriers to breastfeeding and offer **support**, education, and advice beyond the normal office hours.

One poll stated 6 out of 10 breastfeeding mothers are afraid to nurse in public. This makes me sad, why is it like this!?

Nursing in public was not an issue in colonial America. Our foremothers were expected to maintain a household, which included feeding the baby. They breastfed while shopping at the market and other public areas. At this time, breastfeeding was the only way to feed a baby. Breastfeeding in public was common because they lived in a society that supported breastfeeding.

Society's outlook on breastfeeding began to change as the bottle and nipple were invented and commercially-created infant formula became more accepted. In the early 20th century during World War II, women were needed to fill

Featured Recipe!

Tasty Tuna Lettuce Cups

Makes 4 snack-sized servings

4 romaine lettuce leaves
1 can (5oz.) light tuna, drained
½ apple, chopped
2 TBSP. celery, diced
2 TBSP. plain yogurt
Salt and pepper to taste

Wash romaine lettuce. Remove 4 cup-like leaves and set aside. In a medium-sized bowl, mix the remaining ingredients. Add salt and pepper to taste. Put ¼ mixture into each lettuce cup, pick up, and enjoy!

For more inspiring recipes follow the **SPCC WIC Facebook** page.



WIC **Farmer's Market checks** are issued through September 30th and can be used through November 30th. Stop into any WIC office to pick them up!

jobs left by men going to war. There were no laws for women to express milk at work and wet nursing went out of style. (A wet nurse is a woman who breastfeeds and cares for another's child). Formula manufacturers formed relationships with doctors, promoting formula use as a safe and acceptable way to feed your baby. With so much against it, I'm not surprised breastfeeding rates started to decline quickly after World War II.

As infant formula became more acceptable in society, seeing a women nursing their child was replaced by bottle feeding.

Unfortunately, education and **support** is not always readily available to pregnant and new moms. I believe **support**, education, and advice are the keys to success. **At WIC our peer counselors strive to always be available and help!**



The more you know.....

What can you expect from your Peer Counselor?

- Peer Counselors are available for you when you need support beyond normal business hours (evenings, weekends, etc.)
- Peer Counselors are available to offer support and answer questions in the hospital, by phone, text message, or in the WIC clinic
- Peer Counselors can address specific breastfeeding concerns during pregnancy
- Peer Counselors help new mothers avoid or overcome common breastfeeding challenges
- Your Peer Counselor will be there for you even just to listen when you are frustrated!

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

STATE OF NEW YORK DEPARTMENT OF HEALTH WIC PROGRAM		PARTICIPANT	NOT GOOD BEFORE	NOT GOOD AFTER
		AGENCY 301 - Test Agency 301	07/02/2015	07/31/2015
FOR THESE ITEMS ONLY - REFER TO WIC ACCEPTABLE FOOD CARD		PAY TO:		
31 2.5-Ounces Containers WIC Baby Food Meats		VOID		
64 4-Ounces Containers WIC Baby Food Veg. &/or Fruits		CHECK NOT VALID UNLESS STAMPED ABOVE BY NYS AUTHORIZED WIC VENDOR AND DEPOSITED BY 09/31/2015	PAY EXACTLY	
3 8-Ounces Gerber Cereal for Baby			\$.	
KeyBank, Albany, NY			DATE: / /	
THE BACK OF THIS CHECK CONTAINS A SECURITY MARK. DO NOT ACCEPT WITHOUT HOLDING AN ANGLE TO VERIFY SECURITY MARK. IMPROPER USE OF THIS CHECK IS SUBJECT TO STATE AND FEDERAL PROSECUTION.		SIGNATURE OF PARTICIPANT AT REDEMPTION MUST MATCH SIGNATURE ON WIC ID CARD. NOT NEGOTIABLE UNLESS SIGNED AND DATED.		



From paper to plastic! eWIC is coming soon!
Ask a WIC staff person about eWIC or visit us on WICStrong.com.

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