



WIC NEWSLETTER

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WIC Closings

- Monday, October 9th, Columbus Day
- Friday, November 10th, Veterans' Day Observed
- Thursday/Friday, November 23rd-24th, Thanksgiving Break
- Monday, December 25th, Christmas
- Monday, January 1st New Year's Day

Farmers Market

Please remember to use your Farmer's Market Coupons by November 30th! If you have questions or need an additional list of local markets please ask a WIC staff member. If you have used all \$24 worth of your Farmers Market Coupons, please tell a WIC staff member so we can enter you into our raffle. Raffle winners will be announced in January .

Winter Watch

As a reminder, Winter is around the corner! Winter in Upstate New York brings cold weather, snow and ice! As we all know this can make travel dangerous on many roads. If bad weather occurs on the day of your WIC appointment give us a call, we may need to reschedule it. Please remember to update your phone number with us, so we can reach you in the event of a weather emergency.

NYWIC

Rumor has spread! Many participants have heard through the grapevine that we are switching our system from checks to an eWIC card. The rumor is true! While still in the development stages, New York hopes to begin converting to the new system in 2018, The Saratoga County EOC—WIC Program will hopefully begin converting to the new system by Fall 2018. Hang tight, it is on the way!

Breastfeeding Corner

Can you breastfeed your child if you are sick?

Cold and Flu season are here and a very common question is, "Can I breastfeed my baby if I am sick?" Illnesses such as a cold or the flu are usually passed through secretions from the nose or mouth and skin contact with an infected person. The illness is NOT passed through the breastmilk.

Continuing to breastfeed will help your baby to fend off the mother's illness. When a mother is exposed to germs, her body makes antibodies that protect her baby. Those antibodies are passed through the breastmilk to help strengthen the baby's immune system. Your baby will probably be the only one in the house that does not get sick. If your baby does come down with an illness, it will usually be a milder case than the mother developed.

If you require medication, even something over-the-counter, please contact your health care provider or breastfeeding expert. Some medications can affect milk supply and/or affect your baby if it transfers through breast milk. For more information, call your WIC Peer Counselor, WIC Nutritionist or Health Care Provider.

Welcome Aboard!

You may notice some changes in our WIC office. Elois retired after 25+ years and we have welcomed 2 new faces! Please help us welcome Shannon Lewis and Nicole Benedict. Shannon and Nicole will fill 2 of our positions as Medical Nutrition Assistants.

Ask a WIC Nutritionist for delicious Fall recipes!



The Great American Smoke Out

On November 16th, the American Cancer Society is celebrating it's 40th annual Great American Smoke Out Day! The American Cancer society challenges all smokers to quit smoking on November 16th! Whether you plan to quit for the day, or choose to quit for good, we encourage you to step up to the challenge! Your body starts to repair the damage almost immediately!

- * 20 minutes after quitting: Your heart rate drops to normal
- * 12 hours after quitting: The carbon monoxide level in your blood drops to normal
- * 2 weeks to 3 months after quitting: Your risk of having a heart attack begins to drop, and your lung function improves
- * 1 to 9 months: Your coughing and shortness of breath decreases
- * 1 year after quitting: Your added risk of coronary heart disease is half that of a smoker's
- * 10 years after quitting: Your risk of lung cancer, bladder cancer, cervical cancer, cancer of the larynx, kidney and pancreas cancer greatly reduce

Want help quitting? Call the NYS Smokers' Quit line: 1-866-NY-QUITS (1-866-697-8487) or call Vicki at Glens Falls Hospital 518-926-6639.

Glens Falls Hospital offers a free 4 week program called 'Quit for Life.' Sessions are held 4 times a year. Call Vicki to register or to sign up for additional information.

WIC Recipes

* Indicates WIC approved foods

Garlic Butter Roasted Carrots

Ingredients

- 2 pounds carrots*, cut diagonally into 2-3 inch pieces
- 5 tablespoons butter
- 4 garlic cloves*, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Chopped fresh parsley*



Directions

1. Preheat oven to 425° degrees
2. Spray baking sheet with cooking spray
3. Cut carrots
4. Melt butter over medium-heat
5. Add garlic and cook for 3 minutes, or until lightly browned
6. Toss the carrots with the garlic butter
7. Transfer carrots to baking sheet, arrange in a single layer
8. Bake for 22-30 minutes, until carrots are tender
9. Garnish with fresh parsley

Saratoga County EOC is an equal opportunity provider

For more information about current happenings, please visit our website at <http://www.saratogaec.org> or like us on Facebook!

Zucchini Cheesy Bread

Ingredients

- 3 medium zucchini*
- 2 large eggs*
- 2 cloves garlic*, minced
- 1/2 teaspoon dried oregano
- 3 cups mozzarella*, shredded
- 1/2 cup freshly grated parmesan
- 1/4 cup cornstarch
- Salt
- Freshly ground pepper
- Pinch of crushed red pepper flakes
- 2 teaspoons freshly chopped Parsley*
- Marinara



Directions

1. Preheat oven to 450° degrees
2. Line a baking sheet with parchment paper
3. Use a grater or food processor to grate zucchini
4. Use a towel to get rid of excess moisture
5. Add zucchini, eggs, garlic, oregano, 1 cup mozzarella, Parmesan, cornstarch, salt and pepper into a large bowl, mix together
6. Transfer "dough" to baking sheet
7. Pat "dough" into a crust
8. Bake for about 25 minutes, until golden brown
9. Sprinkle on remaining 2 cups of mozzarella, crushed red pepper and parsley
10. Bake until cheese is melted, about 8-10 minutes
11. Slice and serve with marinara