

# October, November, & December 2018 Newsletter



## SPCC WIC

Volume 2  
Issue 4

The WIC offices will be closed on the following dates:

**October:** 10/8, week of 10/15 -10/19, and 10/31

**November:** 11/6, 11/9, 11/12, 11/22 and 11/23

**December:** 12/14, 12/24 and 12/25

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

### Staff Profile of the Month

### Danielle

WIC Program Assistant since October 2016

**Danielle is all about being healthy and helping others to live healthy lives. Cooking and creating healthy meals for her family is one of her favorite pastimes. No wonder she is such a good fit for WIC!**

**Being able to provide meaningful advice for parents and getting happy hugs from children is what Danielle finds most rewarding about her job.**

**When she is not at WIC, Danielle is with her daughter Payton and cat, Mustache. She also enjoys getting outside and enjoying the beautiful parks in Upstate NY.**

### **Don't forget!!!**

**Cold and Flu season is around the corner!**

**Hand washing** is important for the whole family! Even if your hands look clean, they probably carry germs. Germs are everywhere! If you wash your hands very well with warm soapy water, you can get rid of germs.

### Featured Recipe!

#### **Crunchy Turkey Meatballs**

Makes 8 snack-sized servings

2 cups WIC cereal  
1 LB. ground turkey  
¼ cup Plain Greek Yogurt  
2 TBSP. honey mustard  
2 TBSP. onion, chopped  
Salt and pepper to taste

Preheat the oven to 370° F. Crush Cereal in a bowl. In a separate bowl, mix turkey, yogurt, mustard, onion, and 1/3 cup cereal. Add salt and pepper to taste. Shape into 16 meatballs. Roll each meatball in the remaining cereal. Place on a lightly greased baking sheet and bake for 15 minutes, or until the internal temperature reaches 165° F. Serve with veggie sticks.



Download the **WIC2GO** app!  
Easy, Simple, Convenient!

# The more you know.....

## Breakfast: A Healthy Start for You and Your Family

Summer has come and gone. As the leaves start to change our children are heading back to school. Breakfast is a must!

**Why is breakfast so important?** When you wake up in the morning it is important to “break the fast”. Breakfast provides the energy children need to play and learn, pay attention, and do their best throughout the day.

Here are some **easy breakfast ideas**:

- Toast with peanut butter
- Cereal with low fat milk
- Low fat yogurt with fruit or cereal
- String cheese and sliced fruit
- Hard-boiled egg
- Granola bar



## Fitness- Winter is coming!

Take advantage of the cool autumn days by:

- Raking leaves
- Picking apples at an apple farm
- Walking through a corn maze
- Taking a hike at a nature center
- Riding your bike
- Planting bulbs in your garden
- Carving pumpkins with your family

If you have questions about nutrition and healthy life style activities, take advantage of **FREE** individualized counseling with our knowledgeable WIC staff!

This Institution is an Equal Opportunity Provider.

## WIC Breastfeeding Corner

### Breastfeeding and Diet

Many new moms find that eating 5-6 small meals help them feel better.

You may need extra calories when you are breastfeeding. You can get them by eating a small meal in between breakfast, lunch, and dinner. This will make sure you get all the nutrients you need!

For example:

In the afternoon- have ½ a sandwich and a small glass of milk

In the evening- have an apple and peanut butter

You're invited to join our Facebook Group!  
"WIC Moms Talk Breastfeeding"

**SPCC WIC**  
79 S. Main St.  
Canandaigua, NY 14424  
Phone: 585-394-9240  
Text: 585-481-8488

