

# WIC Winter Newsletter

# 2020

## Leap into healthier habits in 2020!

It is that time again to set resolutions and goals for the upcoming year. The most common goals that we set often have to do with eating a more healthy diet, weight loss, and incorporating more exercise.

Regardless of the goals you have set, your WIC staff are here to help you accomplish them.

Where can we start? We will start by coming up with a SMART goal.

### What is a SMART goal?

- **S– Specific**– Be specific about what you want to accomplish. This step includes the who, what, when, where and why of the goal.
- **M– Measurable**– What are you going to use to measure meeting this goal? Will your goal take a few months to complete? If so, we can set small milestones to be accomplished along the way to help complete the goal.
- **A– Achievable**– Focuses on how important a goal is to you and what we can do to make it happen. Ask yourself what motivates you to complete this goal.
- **R– Relevant**– This refers to us focusing on what makes sense. Are the steps you are taking towards the goal make sense?
- **T– Timely**– A reasonable time frame to accomplish your goal needs to be set. Anyone can set a goal, but if you don't establish a time line, there is a slim chance that you will succeed.



Saratoga County EOC WIC

● 39 Bath Street, PO Box 169 Ballston Spa, NY 12020  
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### Breastfeeding Corner

Join our Breastfeeding Peer Counselor Coordinator and CLC, Sarah Smith and IBCLC Kelly Duheme from Saratoga Hospital for a FREE breastfeeding support group. Come celebrate your successes and share your struggles with other local breastfeeding moms.

This group is open to any pregnant or breastfeeding mom as well as grandmothers and children under 5.

For more information ask your WIC staff!

**Saturday Jan. 25, 2020**

**Friday Feb. 14, 2020**

**Saturday Feb. 29, 2020**

**Friday March 13, 2020**

**Saturday March 28, 2020**



10am-11:30am

Ballston Spa Library-Community Room

21 Milton Ave Ballston Spa

## Warm up this winter with this hearty soup recipe!

### *White Bean and Kale Soup*

#### *Ingredients:*

- 2 tbsp. of olive oil
- 1 small onion chopped \*
- 2 (15oz) cans of cannellini beans, drained and rinsed \*
- 4 cups of vegetable broth or chicken broth
- 2 cups of water
- 2 cups of kale, make sure to remove stems and tear into 1" pieces\*
- Salt and pepper
- Optional: Add cooked whole wheat pasta \*

#### *Instructions:*

Heat oil in a 3 quart saucepan over medium-high heat until shimmering. Add onion and cook until softened, about 5 minutes. Meanwhile, mash one can of beans in a small bowl, Add mashed beans, broth, and water to saucepan. Bring to a boil. Stir in remaining beans (left whole), kale, 1 tsp. salt and 1/4 tsp. pepper. Reduce heat, partially cover, and simmer about 20 minutes until kale is tender. Add cooked whole wheat pasta. Season to taste, then serve

Calories: 327 Makes 4 servings

**\*\* Items represent WIC eligible foods**



#### **Saratoga EOC Closings:**

**President's day:**

Monday

February 17, 2020

*As winter blows in, it makes us want to snuggle up with a blanket and stay inside. Bundle up and head outdoors for an adventure! Or if the weather prevents outdoor activity, don't reach for the remote, take advantage of indoor activities, no gym equipment required.*

***Ask WIC staff for activity ideas that are fun for the whole family!***