



# WIC Informer

## Breastfeeding

### Breastfeeding and Work

Is your employer unsure about whether breastfeeding is compatible with work? Here are a few ways breastfeeding benefits both the employee and the employer:

1. Studies of work-site lactation programs show that breastfed infants have fewer illnesses than formula-fed infants. That means lower health-care costs for employers.
2. Since breastfed babies are healthier, their parents use fewer sick days.
3. Over the long term, breastfeeding decreases the mother's risk of osteoporosis and breast and ovarian cancer. It also decreases the child's risk of developing obesity, asthma, meningitis, food and airborne allergies, and diabetes. Breastfeeding may have the long-term impact of decreasing medical costs for employers.
4. Mothers who are able to continue working and breastfeeding are also more satisfied with their jobs and report increased loyalty to their employers. This leads to decreased turnover and increased morale and productivity among employees.

## Toddler / Child

### Kids Need Physical Activity, Too!



Did you know that nearly half of America's children are not physically active on a regular basis? Dayle Hayes, a Registered Dietitian, and a member of the Montana Dietetic Association, says that 10% of preschool aged children in the U.S. are overweight. She also stated that 44% of kids consume sweetened beverages by 24 months of age. It is important to balance what we take into our bodies with regular physical activity.

*The WIC Program is an equal opportunity provider and employer.*

Here are some great facts about physical activity that may help to make it more enjoyable for you and your child:

- Physical activity helps you to relieve anger and stress. It releases certain "happiness" hormones that help us clear our mind and relax.
- Playing on sports teams can help boost your child's self-confidence, and will help him/her to meet other kids that are interested in the same sports that they are.
- Physical activity helps to build strong muscles and bones. Any weight-bearing activity such as running, walking, kicking a soccer ball, or dancing helps to deposit more calcium into your bones, making them stronger.
- Physical activity can be fun if you make it fun. Your child will more likely be physically active in later years if they pick an activity that they like.
- Regular physical activity may help your child pay attention better in school.

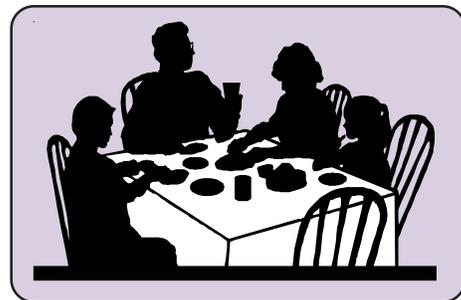
It is important that parents support their child's sport or activity. Support will encourage your child to improve in what they do and will contribute to self-confidence. Parents can assist in promoting activities by:

- Volunteering to take a group of neighborhood kids to the park
- Helping with your child's sports team or dancing group
- Challenging your child to a game of their favorite sport
- Playing jump rope or tag
- You can be your child's workout buddy!
- Promote community change by helping to increase neighborhood security (work with community to restructure sidewalks, rezone bikeways, and start a neighborhood watch program).

By promoting physical activity, you are helping your child to be happier and healthier, and to avoid health complications and increased medical costs in the future.

## Family

### Good News For The Family Meal



Researchers from "Project EAT" (Eating Among Teens) at the University of Minnesota found that among teens, the frequency of family meals was inversely associated with tobacco, alcohol, and marijuana use; low grade point average; depressive symptoms; and suicide involvement.

**Source:** *Correlations between family meals and psychosocial well-being among adolescents.* Eisenberg ME, Olson RE, Neumark-Sztainer D, Story M, Bearinger LH. Arch Pediatr Adolesc Med. 2004 Aug;158(8):792-6.

In a separate study that looked at the relationship between family meals and disordered eating behaviors, Project EAT researchers found that family meals emerged as the most consistent protective factor for disordered eating.

**Source:** *Are family meal patterns associated with disordered eating behaviors among adolescents?* Neumark-Sztainer D., Wall M., Story M., Fulkerson JA. J Adolesc Health. 2004 Nov; 35(5):350-9

## WIC Offices

### WIC Lingo

#### What do all of those letters on the back of my WIC folder mean?

WIC Staff receive this question a lot from our WIC clients.

**IE** – 15-minute individual education appointment, usually with the clinical assistant in her office.

**RD** – 30-45 minutes with the Registered Dietitian. Your WIC folder should say who in your family you need to bring.

**RC** – Depending on the number of people in your family that we are recertifying, it could be anywhere from 1 hour to 2 hours 15 minutes. This appointment is done about every 6-months. On all RC appointments you need to bring the child(ren) that we are certifying, identification, proof of residency, Social Security cards, immunization records, most current pay stub with a year to date amount or your W2's; and if you are pregnant, your proof of pregnancy with your expected due date.

**HS** – 30-45 minute appointment for your 5-7 month old infant. The infant needs to be here as we do a height and weight check on him/her.

If there is anything special that you need to bring, it should be written on your WIC folder with your next appointment.

If you need to cancel your appointment, we ask that you give our office a **call at least 2 hours** in advance so that we have the opportunity to refill your appointment.

### WIC Waiting List Eliminated

It is finally over! The Boise WIC office no longer has a waiting list. The waiting list was implemented in July 2002 and cleared the first week of February 2005. During this period we mailed out over 1,900 letters to remove clients from the waiting list. This does not include the

number of clients we called to fill late cancelled appointments or the clients who came in to wait for a no show. Thanks to all of you who were patient with us during this time.

## Recipe



### "Multiple Choice" Soup

This is a recipe that allows you a lot of flexibility and creativity in developing your own favorite combination. Enjoy!

Pick ONE choice in each category for this recipe:

Broth\* (2 cups):

- Vegetable
- Chicken
- Beef

Juice\* (3 cups):

- Vegetable juice
- Tomato juice

Vegetables:

- 1-pound bag of frozen carrots, peas, corn, green beans or various mixed vegetable combinations
- 3-4 cups fresh cut-up vegetables such as carrots, potatoes, zucchini or cabbage
- Combination of frozen and fresh vegetables (3-4 cups total)

Protein:

- 1 can (approximately 16 ounces) kidney, pinto, white or black beans, drained\*
- 2 cups of lean meat, such as cut up turkey or ham, or cooked ground beef

Pasta:

1 cup of your favorite shaped pasta such as macaroni, small shells, rotini or bowties

ALL of the items below:

- 1/2 teaspoon garlic powder
- 1 tsp. Italian seasoning OR oregano OR your favorite seasoning
- 1/2 tsp. pepper
- 1 cup water
- 1-2 tablespoons grated cheese (e.g. Parmesan, Romano, Italian blend)

\*May substitute low-sodium varieties of these ingredients

Directions: In large saucepan, combine broth, juice, vegetables, protein ingredient, water, garlic, seasoning and pepper. Cook on medium heat until soup boils. Add pasta and cook for 15-20 minutes, until pasta is tender. Top with a tablespoon or two of your favorite cheese.

Makes 8-10 servings

HINT: To make the meal complete, just add whole-grain bread or crackers, fresh fruit and milk.

### Spring is here!

It's a perfect time to focus on eating '5 -A-Day'. Be adventurous and add one new fruit or vegetable to your shopping cart each week.

### The ABCs of Fiber

Remember some of these ABCs to get in your high fiber foods.

- A** – Apple, Apricots, Air popped popcorn
- B** – Beans, Broccoli, Brussels sprouts, Baked potato, Bananas, Beets, Bread (Whole Wheat)
- C** – Carrots, Corn, Cantaloupe, Chex, Cherries, Crackers (Graham, Whole Wheat)

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