



Gratitude

Gratitude... the quality of being thankful

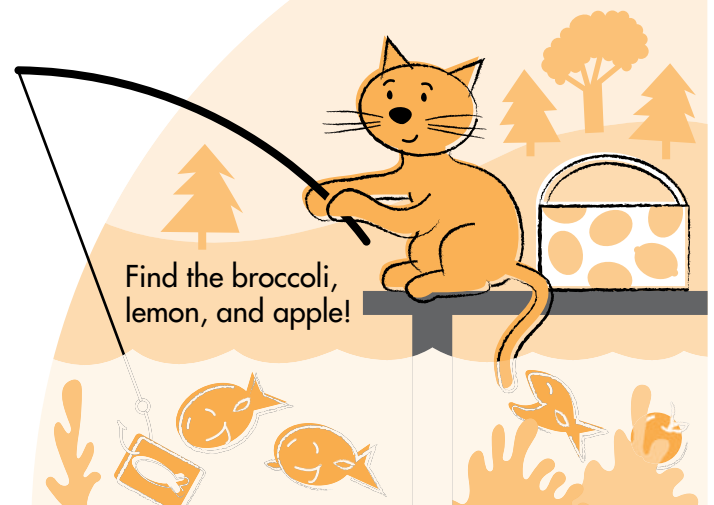
The season is a time of giving gratitude and thanks for what we have — our children, our family and friends, and healthy food on our tables. Being grateful gives us an opportunity to reflect on what we have and what is good in our lives. As parents and caregivers being grateful and showing gratitude is a gift we can give our children and families, and ourselves. Because did you know that giving gratitude helps us feel better, physically and emotionally? Studies show that being grateful makes us feel happier and less stressed, something most parents and caregivers can get on board with!

Start to teach your children gratitude by acknowledging them for things they do well and by simply thanking them for being your kids. Ask your family, such as at mealtime or bedtime, what they are thankful for, or share what you are thankful for if your children are too young to share themselves. Saying and teaching your children to say (or even sign) “thank you” is a small place you can start. Model and point out how kindness towards others can bring kindness in return.

What are you grateful for? Keep a small journal where you write down one or two small things that you are grateful for each day. You can look back on it when you need a little boost of energy and joy.

**One thing WIC knows for sure —
WIC is grateful for YOU,
WIC families!**

Puzzle Corner



Find the broccoli,
lemon, and apple!



Cauliflower: The new (nutritious) comfort food

As the leaves begin to change our kitchens fill with comforting fall favorites like hearty soups and casseroles. At the heart of our go-to recipes is a vegetable that's often overlooked: cauliflower. We love this cruciferous vegetable for being low-calorie, nutrient-rich and easy to add to almost any dish. One cup of cauliflower is just 25 calories, but provides 77% of our daily recommended intake of Vitamin C and 10% of our daily fiber. Cauliflower is full of many other vitamins, minerals, and antioxidants

that help to reduce our risk of cancer and other chronic illnesses by reducing inflammation and boosting our immune system. It is made up of 92% water which helps us feel full and satisfied, without consuming too many calories. Eating more cauliflower may help consumers manage their weight, reducing obesity and risk for heart disease.

While cauliflower makes an excellent side dish when roasted and seasoned on its own, its neutral

flavor and texture allow it to be used as a substitution for many ingredients. It can be grated and used as a substitute for rice, or molded into pizza crust, tortillas, bread, and even bagels. It can be mashed and pureed as an alternative to mashed potatoes or hummus; and, when chopped or diced, it makes an excellent low-carb alternative to pasta in soups and casseroles like mac and cheese. Consider adding cauliflower to your favorite recipes this fall, or try it in the recipe below!

Hearty Cauliflower Soup

Serves 8

1 medium head of cauliflower, cut into florets
1 medium carrot, shredded
¼ cup chopped celery
2½ cups vegetable or chicken broth
3 Tbs. butter
3 Tbs. all-purpose flour
2 cups low-fat milk
1 cup shredded cheddar cheese (or other cheese if you prefer)
Salt and pepper to taste

In a large pot, combine vegetables and broth, bring to a boil over medium-high heat. Once boiling, reduce heat. Cover and simmer for 12–15 minutes or until vegetables are tender.

While vegetables are simmering, melt butter in a large saucepan over medium heat. Stir in the flour, season with salt and pepper, and combine until smooth. Gradually add the milk, stirring constantly. Turn heat to medium-high and bring to a boil, continue to stir constantly until mixture thickens. Reduce the heat to low and stir in cheese until melted. Stir into vegetable/broth mixture and season with additional spices such as garlic powder or red pepper flakes if desired.

Nutrient analysis per serving: calories 160; protein 8 grams; carbohydrate 11 grams; fat 10 grams; sodium 330 milligrams, fiber 2 grams.

Lead Poisoning Prevention Month is October!

To learn more about lead poisoning, prevention, and what to do if your child's lead level is elevated contact:

National Lead Information Hotline Center
800-424-LEAD

Vermont Department of Health
1-800-439-8550

Vermont 2-1-1 (Helpline)



New WIC Food Guide coming soon!

Watch for the new *WIC Program & Food Guide* coming out this fall — pick up a copy at your next WIC appointment, or find it on the WICShopper app or at healthvermont.gov/wic.

Farm to Family coupons left?

Remember to use your Farm to Family coupons before they expire on October 31. Some markets close in late September. It's a great time to stock up on the fall harvest — apples, broccoli, cabbage, carrots, cauliflower (see recipe in this issue!), winter squash, and more! Cook and freeze your favorites to enjoy into the winter.

Stay connected to WIC!

By sharing your cellphone number and email address with WIC, you can stay connected. WIC offers nutrition messages and appointment reminders by text. Find fun WIC events posted in your area on the Vermont Department of Health Upcoming Events Calendar — healthvermont.gov/media/calendar. WIC is here for your family until your child turns 5.



Ask Dr. Lewis First

Q: Do I need to get my child's lead tested?

Dr. First: Let me get the lead out and provide some information on this subject. Lead poisoning is still a problem and currently affects a half million children in this country. In 1996, the Vermont legislature passed Act 165, requiring all owners of rental housing and childcare facilities built before 1978 to perform lead clean-ups of their properties — but exposure to lead still occurs. It can result in irreversible learning disabilities, decreased intelligence, abdominal pain and other health problems. The key point is that lead poisoning is preventable. If you want to reduce your child's exposure, here are a few suggestions:

First, the Vermont Department of Health requires by law that health care providers test all children for lead exposure by age 1 and again at age 2. If you live in an older house, particularly one built before 1978, it's recommended to test even earlier. You'll also want to make sure your child does not chew on painted windowsills, cribs or playpens that may contain lead paint. Move the crib away from the windowsills where paint chips can fall. Dust from old paint on doors and windowsills can find its way throughout your home. Make sure to wet clean floors and play areas regularly using disposable sponge or Swiffer mops, vacuum with a HEPA filter if possible, and wash children's hands regularly before food or toys are placed in or near their mouth.

Dirt outside around the home may also contain lead, so make sure your children wash their hands when they come inside from playing. If you work in construction, demolition, or painting, change your clothes before you go home or as soon as you are in the house. Pregnant women and young children should also stay away from home renovations that disturb paint to further prevent lead exposure.

If you're worried your water pipes contain lead, know that hot water dissolves lead more easily than cold water. Run the water until it's as cold as it can get before drinking, cooking or making infant formula. If you have not used the water for an extended period of time (overnight) usually 30 to 60 seconds of running the water will be enough to flush and reduce the lead level.

Hopefully tips like this will have "lead" you in the right direction when it comes to preventing a child's exposure to lead poisoning.

Dr. Lewis First is Chief of Pediatrics at the University of Vermont Children's Hospital.



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Love the trees until their leaves fall off, then encourage them to try again next year.

~Chad Sugg

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