

Growing Healthy Families

WIC Newsletter • Summer 2018

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VERMONT DEPARTMENT OF HEALTH • 1-800-649-4357 • www.healthvermont.gov



Sunny summer fun

Farm to Family

Summer brings a bounty of vegetables and fruits for your family to enjoy. Summer is a great time to try different vegetables and fruits and new ways of preparing them.

Farmers' markets are full of a variety of vegetables and fruits all summer long. The Vermont Farm to Family Program offers coupons for WIC families for free vegetables and fruits from participating Vermont farmers' markets. See the insert of this newsletter for dates and times of WIC Farm to Family activities.

Take your child to the farmers' market for a fun outing. Ask your child to choose vegetables and fruits they would like to try. Talk about the vegetable or fruit with your child:

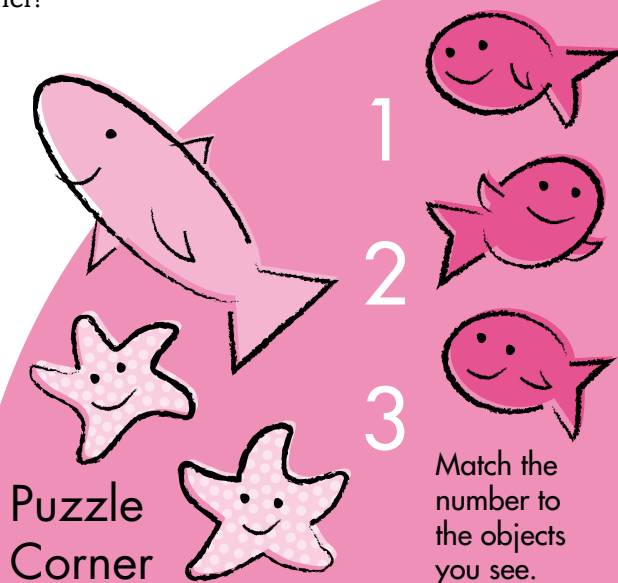
How does it grow? What does it look like? What color is it? What shape is it?

When you get home, try the new vegetables and fruits with your child. You may be surprised that your child may try vegetables and fruits that are new to them or

that they didn't like before. Do a "taste test" with your child and talk about:

How does it feel? How does it smell? How does it taste? Is it soft or crunchy? Does it taste sweet? Sour?

Farm to Family is a great way to enjoy eating local vegetables and fruits this summer!



"Cool as a cucumber"

Cucumbers are a great, refreshing summer treat. Cucumbers are mild in flavor and appealing to children with their crunchy, fresh taste. Cucumbers come in three basic types — salad cucumbers, pickling cucumbers (smaller variety), and novelty cucumbers (such as lemon cucumbers you might find at the farmers' market).

Cucumbers are low in calories, have no fat or sodium, and are a good source of vitamin K.

Enjoy cucumbers sliced, tossed with your favorite vinaigrette dressing, added to salads, in sandwiches, to dip with hummus, or to make Easy Dill Pickles (recipe below). You can even add cucumber slices to iced water or lemon seltzer for a refreshing summertime drink.

Fruit and vegetable recipes

Get more great vegetable and fruit recipes this summer at the **WIC Farm to Family activities** happening this summer in your community (check the insert for more information).



Happy Father's Day!

WIC welcomes dads and says "thank you" for all you do to help your kids grow up happy, healthy and smart.

Easy Dill Pickles *ChopChop magazine*

Do you have the patience to wait for these to get good and sour? Let's see! This is the time of year to get small pickling cucumbers from farmers' markets, but no worries if you can't — you can use any type of cucumber. You can buy cucumbers and cut herbs (including dill) with your Farm to Family coupons. Enjoy these pickles on sandwiches, salads or straight!

Makes 2 quarts, serving size: ~ $\frac{1}{4}$ cup

5 cups water
2 Tbs. salt
 $\frac{3}{4}$ cups white vinegar
1 $\frac{1}{2}$ pounds small pickling cucumbers
or 2 large cucumbers (such as English seedless variety)

3 Tbs. garlic cloves (peeled)
4 Tbs. large dill sprigs
(or 1–2 Tbs. dried dill weed or dill seed)
1 tsp. black peppercorns

To make the brine: Put the water, salt and vinegar in a large pot on the stove and turn the heat to medium. When the mixture boils, turn the heat off and set aside to cool.

Wash the cucumbers, trim off ends and cut them into $\frac{1}{4}$ -inch slices. Put the cucumbers, garlic, dill and peppercorns in a large bowl. Add the cooled brine and stir well.

Lay a plate over the top of the cucumbers. Leave the cucumbers for 2 or 3 days, until they are as sour as you like them.

Transfer the pickles with the brine to jars or containers. Write the date on the container, refrigerate and enjoy within 2 weeks.

Notes: The sour taste of pickles comes from the added vinegar as well as the natural process of fermentation, which uses healthy bacteria to convert the vegetable's own sugar into tart lactic acid.

Nutrient analysis per serving: calories 10, protein 0 grams, carbohydrates 2 grams, fat 0 grams, sodium 870 milligrams, fiber 0 grams

Women's juice

Give frozen concentrate a try

Moms, are you having trouble finding women's 48-ounce shelf stable juice? May we offer a suggestion? Look for 11.5- or 12-ounce frozen juice options. There are more choices, including frozen orange, pineapple or grapefruit juice. Don't have a container to mix up the frozen concentrate? Save a bottle from shelf stable juice to mix it up. Just follow the directions on the frozen juice container or add 3 cans of water to the frozen concentrate and mix.

Fun activities happening in your community

www.healthvermont.gov/media/calendar

Go to the Vermont Department of Health Upcoming Events Calendar and search by "County" and "Type" (Event) for activities happening each month in your area. Many of these count towards your WIC Nutrition Activity, including Farm to Family activities this summer.



World Breastfeeding Week

August 1-7

World Breastfeeding Week is celebrated every year, August 1-7, around the world. Celebrate breastfeeding as the foundation of lifelong good health for babies and mothers. WIC is here to help support breastfeeding moms and babies every day.

Ask Dr. Lewis First

Q: How can I manage my toddler's tantrums?

Dr. First: Parents have been crying out to me for help in managing their toddler's tantrums. I don't want anyone pulling their hair out, so let me provide some information on toddlers and tantrums and some calm advice for surviving them.

Tantrums are an expected behavior for young children. They can happen when children are hungry, bored, over-tired, or over-stimulated in the setting of limited, but developing, language skills. Toddlers can also have a tantrum when they hear the word "no" used too much in too short a time.

So, can we prevent tantrums? Sometimes, perhaps. Certainly not always.

If you see a tantrum revving up, distract your child with a new activity or a different toy to play with. For example, if a child doesn't want to sleep, try "Let's pick a book" instead of "Let's go to bed."

If activities change too abruptly, offer a warning and share what will be next. The more predictable the daily schedule, the less likely the tantrum.

If a tantrum is already in progress, and occurs at home, stay calm, cool, and collected. Ignore it as much as possible. A great idea is to put your child in their room, surrounded by their toys, to cool down. With no audience to hear the tantrum, there is less incentive to cry, kick, or scream. In time, the tantrum will stop.

If a tantrum occurs in a public place such as a store, you can offer your child a choice: They can calm down or you will leave the store. If they do not calm down, then follow through by leaving the store.

Rather than scolding your child in a public place, have a calm discussion at bedtime. Bedtime is a great time to chat with your child. You can talk about what they might do differently next time to prevent a tantrum from occurring in public.

Whatever you do, don't try to reason with a child who's having a tantrum. If you give in or reward your child for stopping the tantrum, you will simply encourage more of this behavior.

Hopefully, tips like these will temper you, and your child, when it comes to taming those temper tantrums.



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We nourish families.



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Tears of joy are like the
summer rain drops
pierced by sunbeams.

~Hosea Ballou

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