

Healthy & fun winters



Be well this winter

Stay healthy this winter by eating right, staying active, and getting enough sleep.

Eat well

Try the recipe in this issue for a warm, hearty vegetable chili. Learn how to use spices to add flavor and a boost of nutrition to your meals.

Avoid getting sick

Remember to wash hands often, and if you haven't already, it's not too late to get a seasonal flu shot for everyone in your family age six months upward to prevent the flu.

Have fun outdoors

Even though it may be cold outside, you don't have to stay indoors. If there is snow, you can build a snowman, go sledding, or snowshoeing. Just remember to bundle everyone up with hats, scarves, mittens, and warm boots. Even if there is no snow, you can be outside. Go for a walk or blow bubbles — kids love to watch them freeze into ice.

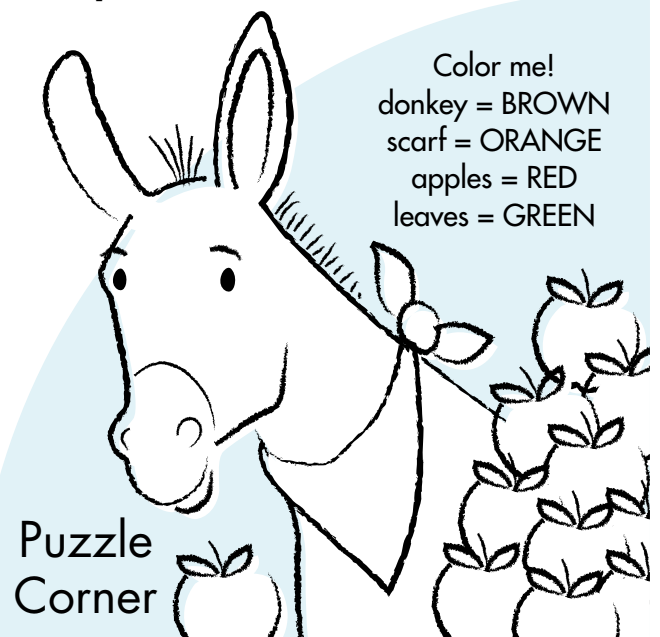
Look for activities away from home

If it really is too cold outside, look for activities happening at your local library or playgroups in your area. These can

be good opportunities to connect with other families with young children. Check your newsletter insert for activities happening in your community this winter!

Read, rest and sleep

Snuggle up with some good books, read to your children, and try to get your rest. Sleep is important for good health. Also, see the article in this issue for safe infant sleep.



Color me!
donkey = BROWN
scarf = ORANGE
apples = RED
leaves = GREEN

Puzzle
Corner

Spice it up

by Sarah Bhimani

Want to know a little secret? The easiest way to boost a dish's flavor without adding fat, sodium, or sugar is to make use of a variety of herbs and spices. Adding culinary herbs and spices to your dish can transform the simplest of ingredients, and you'll even boost the nutritional quality of the dish while you are at it! Just a small amount of seasoning will go a long way, so you don't need to invest in a large quantity.

Culinary herbs and spices have been shown to act as antioxidants. Herbs and spices have been linked to reducing inflammation and may help protect the body against some chronic conditions like cancer, diabetes, and heart disease. Studies have shown that the beneficial nutrients in herbs and spices are not diminished by cooking, so you'll benefit from adding more to your diet in any kind of dish!

Some of our favorites include:

Turmeric: this golden colored spice is commonly used in Indian lentil and vegetable dishes, but can

be used in a variety of ways. Try sprinkling on egg salad, mix ½ tsp. with 1 cup yogurt to create a dip or spread, or add to water when cooking rice. Add black pepper too as that will increase the availability of turmeric's nutritional properties!

Cumin: ground cumin enhances the flavor of beans and stews made with beans or lentils. It also pairs well with chicken, potatoes, and sweet potatoes.

Chili Powder: a blend of chili peppers, cumin, oregano, coriander, garlic, allspice, and cloves that is typically used to flavor chili, tacos, and beans. It's also great for seasoning grilled or roasted chicken or beef and increasing the heat of any dish. Try the recipe in this issue for Vegan Chili.

Oregano: an earthy herb that is good with tomato sauce, beans, and meat. It's a popular addition to soups, sauces, salads, and stews.

Dill: most recognized for its use in pickling, dill is a delicious addition to salads, vegetables, fish, quinoa,

and potatoes. It also mixes well with yogurt to create a savory dip!

Pro Tip:

We love bulk departments! Because you can purchase as little or as much as you'd like in the bulk department, you can buy small amounts of different kinds of spices to learn which ones you like. You are also more likely to use up the entire amount while it is still fresh. Lastly, buying in bulk allows you to get the same unit price savings as if you had bought a larger volume!

To purchase spices and dried herbs from your store's bulk section, grab one of the small bags provided near the station and use one of the provided scoops to fill the bag as full as you'd like. Tie off the bag with a provided twist tie and write the bin number on the tag or bag (the bin number can be found on the bin you scooped from).

Sarah Bhimani was previously the Outreach and Education Manager at City Market/Onion River Co-op in Burlington, VT.

City Market's Vegan Chili

Serves 8

- 1 cup brown rice
- 1 Tbs. vegetable oil (olive, sunflower or canola)
- 1 onion, diced
- 1 cup carrots, shredded
- 3 cloves garlic, peeled and minced
- 1 jalapeño pepper, minced (optional)
- 2 Tbs. chili powder
- 1 Tbs. ground cumin
- 2 28-oz cans diced tomatoes
- 1 cup tomato juice
- 1 15-oz can kidney beans, drained and rinsed
- 1 15-oz can black beans drained and rinsed
- Salt to taste
- 2 Tbs. fresh cilantro, chopped (optional)



Bring 1 cup of brown rice and 2 cups of water to a boil in a small pot. Turn the heat to low, cover, and simmer for 40 minutes or until water is absorbed. Remove from heat and let sit covered for 5 minutes.

Meanwhile, sauté the onions, carrots, garlic and jalapeño (if using) in a soup pot with the oil until they are tender. Add the spices mix well. Add the remainder of the ingredients and simmer for about 1 hour.

Add salt to taste and serve over brown rice with a garnish of cilantro if desired.

Nutrient analysis per serving: calories 250, protein 10 grams, carbohydrate 48 grams, fat 3 grams, sodium 850 milligrams, fiber 11 grams

Ask Dr. Lewis First

Q: What is the best and safest way for my new baby to sleep?

Dr. First: Well, I don't want to lie down on the job on this one — so let me provide some information on the subject.

The American Academy of Pediatrics updated safe sleep guidelines that emphasize the ABC's of safe sleep so as to prevent sudden unexpected infant death.

“A” stands for “alone” — meaning your baby should sleep alone, not with other people, stuffed animals, pillows or blankets.

“B” stands for back-sleeping (not on the side or stomach) until your baby learns to roll over on their own. Scientists think it improves a baby's ability to breathe more freely or to not overheat. If you worry your baby will choke on his or her back, don't. There is no evidence to support that this happens in otherwise healthy infants.

“C” stands for crib which is the best place for a baby to sleep. They should not be put down to sleep in an adult bed, a sofa, cushion or other sleep surface. Use a firm mattress and remove bumpers and all other objects including blankets and pillows from the crib.

These new safe sleep guidelines also call for room-sharing for baby and parent at least for the first six months of life and optimally for the first year of life — which has been found to decrease the rate of sudden unexpected infant death by as much as 50%. Note that room-sharing does not mean sharing the same bed. Have your baby sleep in a crib in the same room. Bring baby into your bed to feed or comfort but when you are ready to go to sleep, place your baby back into their crib and safe sleep space.

Finally, keep baby's room smoke-free since exposure to passive smoke has been found to increase a baby's risk of experiencing sudden unexpected infant death. On the other hand, breastfeeding and vaccinations have been shown to reduce that risk.

Hopefully safety tips like these will position you in good standing and allow you and your baby to get back to sleep (get it? *back* to sleep) by making sure your baby is placed in a safe sleep environment.

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



Recipes!

You can find more easy, yummy recipes to try with your family this winter online at:

ChopChop magazine:
www.chopchopmag.org/recipes

WICHealth Health eKitchen:
www.WICHealth.org

WICShopper app:
www.ebtshopper.com/recipes

Vermont Department of Health:
www.healthvermont.gov/wic



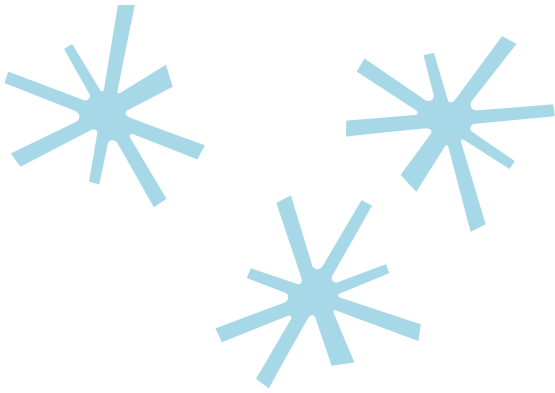


We nourish families.



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Withstanding the cold
develops vigor...it is
evident that nature
abhors a quitter.

~Arthur C. Crandall

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- Ask Dr. Lewis First: What is the best and safest way for my new baby to sleep?
- Recipe: Vegan Chili from City Market