

Growing Healthy Families

WIC Newsletter • Summer 2013

Take a hike!



Whether you pack your baby or toddler into a backpack or set off on foot with your preschooler, this summer enjoy Vermont by taking a hike. Helping your children learn about hiking can inspire a passion for it, one that will last a lifetime.

To get started, be sure to plan ahead to keep the fun in it!

- Pack water and healthy snacks to keep up their energy.
- Enjoy the journey. Getting to the top isn't always the goal.
- Look around you as you walk. Collect leaves, bugs or other interesting things.
- Choose an easy trail that is not steep or too long. Check out www.vtstateparks.com/htm/hiking.htm to find tips on hiking and local trails.

Try these easy, family-friendly trails:

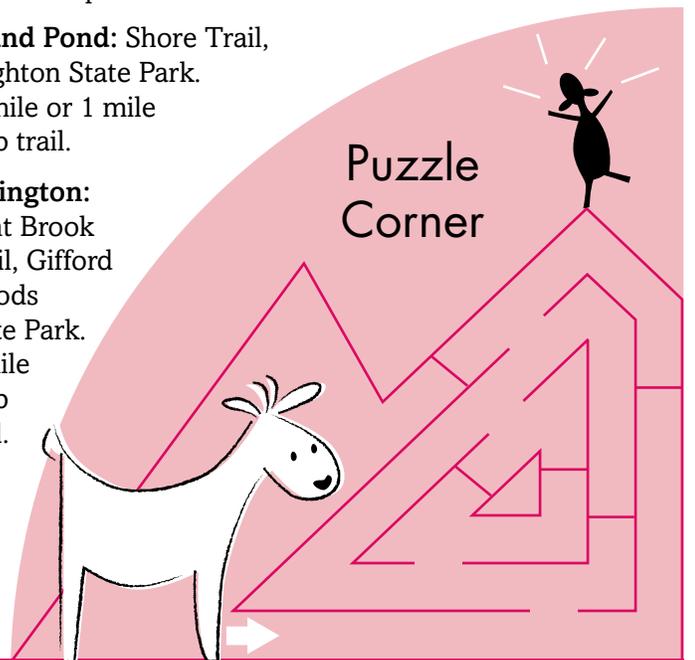
North Hero: Point Trail, at Knight Point State Park. 1 mile trail, one way.

Groton: Noyes Pond Loop, at Seyon Lodge State Park. 1 mile loop trail.

Bennington: Atwood Trail, Woodford State Park. ½ mile loop trail.

Island Pond: Shore Trail, Brighton State Park. ½ mile or 1 mile loop trail.

Killington: Kent Brook Trail, Gifford Woods State Park. 1 mile loop trail.



Summertime salads — dinner on a platter

by Caroline Homan

Summer is the season of plenty of fresh veggies and easy dinners. In our house, we frequently have a dinner of boiled potatoes, fresh vegetables, hardboiled eggs or tuna fish, and a simple peanut sauce or vinaigrette that everyone can drizzle on their own portion. Everything is assembled separately on a large platter or in several small bowls and each family member helps themselves to what they want.

This “dinner on a platter” can be adapted to just about any vegetable and includes some protein so it is filling enough for dinner. There are so many advantages to preparing this kind of dinner when you have small children:

- Use whatever vegetables you have on hand, and whatever your family likes— the recipes are flexible!
- Children can help prepare vegetables – give them butter knives with slightly serrated edges to cut soft vegetables like cucumbers and bell peppers. To make this most successful, wash and give them a large piece to work with, not the whole vegetable! My kids also love cutting off the stems of green beans.
- Children who like to eat their foods separately will love this dinner because everything is separated on the plate!

When the weather is scorching hot outside or you know it will be a busy day (and what day is not busy with small children?) boil the potatoes in the morning and refrigerate them for later. You can also boil the eggs and make the dressings ahead. In the evening, when everyone’s hungry, dinner is just about ready.

Caroline Homan is the Food & Nutrition Education Coordinator for City Market/Onion River Co-op. She lives in Burlington with her two children, ages 6 and 3.



Dinner on a Platter *Caroline Homan*

Potatoes

Boil with peel on for about 15 minutes, or until tender when pierced with a fork. Plan on about 1–2 small potatoes per person, cooled and cut into quarters.

Lightly steamed vegetables

Steam (or boil) in a covered pan with 1 inch salted water for about 2–3 minutes. You can use green beans, broccoli, summer squash, etc. and plan on about ½ cup per person.

Fresh vegetables

Wash and trim any stems and chop raw in any size you like. You can use cucumbers, tomatoes, bell peppers, carrots, red or spring onions, radishes, sugarsnap peas, corn, lettuce and other salad greens, etc.

Protein

Boil the eggs, let cool and peel. Drain the tuna and divide into chunks. Cut the eggs into quarters and plan on 1 egg per person.

Assemble your potatoes, vegetables and protein on a platter or in individual bowls. Your family can choose what they would like and dress with one of the following sauces. Enjoy!

Nutrient analysis per serving: (1 serving includes 1 potato, 1 cup vegetables, 1 egg) calories 217, protein 11 grams, carbohydrates 31 grams, fat 6 grams, sodium 89 milligrams, fiber 4 grams.

Dressings:

Simple Vinaigrette

- ½ cup apple cider vinegar
- ½ cup olive oil
- 1 tsp.–2 Tbs. Dijon mustard (to taste)
- 1 tsp. salt
- 1 tsp. honey (optional)

Place everything in a jar and shake until well blended. Makes about 1 cup. You can jazz it up with a sprinkle of black or green olives and a handful of fresh herbs like parsley, basil, or thyme.

Nutrient analysis per tablespoon: calories 68, protein 0 grams, carbohydrates 1 gram, fat 7 grams, sodium 157 milligrams, fiber 0 grams.

Summer means Farm to Family

The Vermont Farm to Family Program provides WIC participants age 6 months and older with free coupons for fresh vegetables and fruits at participating farmers' markets around the state. When you attend a Farm to Family activity, you will receive one free coupon book worth \$30 for you to spend on fresh vegetables and fruits for your family at the Farmers' Market.

Check the insert of this newsletter for dates and times of the activities being held in your community. There are a limited number of free coupon books available. Coupons are for use by the recipient and may not be sold or given away.

Pregnant?

New expanded Medicaid dental coverage is now available. Coverage for dental work:

- before your baby is born
- up to 60 days post-delivery
- cleanings, exams, fillings, extractions

Call Green Mountain Care Member Services for more information 1-800-250-8427.

Indonesian Peanut Sauce

- 1 clove garlic, chopped
- 1 shallot or ½ yellow onion, chopped
- ¼ tsp. salt
- Pinch to ½ tsp. chili powder (to taste)
- 1 Tbs. brown sugar, honey, or maple syrup
- 1 Tbs. soy sauce
- 1 cup water
- ¾ cup peanut butter
- 1 lemon, juiced

Combine everything in a blender and pulse well. Taste to adjust seasoning. Add more or less water depending on how thick or thin you like it. Makes about 2 cups.

Nutrient analysis per tablespoon: calories 41, protein 1 gram, carbohydrate 2 grams, fat 3 grams, sodium 57 milligrams, fiber 0 grams.



Ask Dr. Lewis First

Q: What is a safe age for my child to start learning how to swim?

Dr. First: With summer here, parents have been pooling their thoughts and asking me about enrolling their babies and toddlers in swimming programs.

Despite their popularity, the main purpose of water instructional programs for very young children is to enjoy some fun time together with their parents, and not necessarily to teach these children how to swim or how to be safe in the water. The American Academy of Pediatrics (AAP) supports swimming lessons for children 4 years old and older. That being said, there are a few small studies suggesting that children between the ages of 1 and 4 may be less likely to drown if they have had formal swimming instruction. The AAP is now recommending that parents make the decision to enroll children less than 4 years old in swim lessons based on their child's developmental readiness and how often a family plans to be near the water. The AAP does not recommend water safety programs for children less than 1 year old because infants can experience hypothermia or body cooling, water poisoning from swallowing too much water, and can spread communicable diseases in the pool if they are not wearing waterproof diapers.

So what kinds of programs do I recommend? Programs that follow guidelines where the instructors know CPR and children are never submerged. Speaking of supervision, if you are taking your child into the water at any time whether it is a pool or a lake, make sure your little swimmer is within an arm's length of you at all times.

Hopefully tips like this will make a big splash when it comes to knowing how to keep your child safe and having fun in the water this summer.

Dr. Lewis First is Chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care.

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Because it's summer
and the memories are
just waiting to
happen.
~Unknown

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WIC
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INFANTS
CHILDREN
We nourish families.
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