

# Growing Healthy Families

WIC Newsletter • Winter 2013

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## Family traditions

Holidays are a great time to get together with family and friends. It is fun to share good food, memories and family stories. Talk to your child about favorite holiday dishes you remember. Serving traditional family foods gives your child a sense of family and love. Some children will eat better at family parties. Some children may be too excited to think about eating.

- **Let your child choose what he wants to eat**  
Don't worry if he doesn't want to eat a fruit salad or casserole. There will be other healthy meals later.
- **Encourage your child to taste new foods**  
Ask your child to take a small taste. She may refuse. Remember it may take 10–15 tries before they like a new food.
- **Let your child select from the buffet**  
If foods are offered buffet style, let your child pick what he would like to try.
- **Know your child's limits**  
It can be scary to try new foods or even eat in front of many people. Protect your child from others who may pressure him to eat.

— Adapted from *KidFood* newsletter

### Winter tip

Keep your WIC foods from freezing by leaving a cooler outside where your foods are regularly delivered and label it "WIC."

Color me!  
carrot nose = ORANGE  
apple buttons = RED



# One-pot meals for busy times

by Caroline Homan

When I was a new mother for the first time, preparing a hot meal was a huge challenge. Bleary-eyed and overwhelmed with my new baby, it was almost impossible to figure out how to shop for and cook a hot meal. On top of that, I was hungry all the time!

This recipe, which my own mother made for me, turned out to be a lifesaver. For a while, I made it every week, and it was great to have a hot meal to look forward to. I brought it to one of my friends when she had her baby and she was so grateful that it's now the recipe that I bring to all my new mom friends when they've had a baby (unless they are vegetarian). I still make it for my family on those nights when it's just plain busy and we all need some hot comfort food.

What I love about this recipe is that it's comforting, filling, and has the homey flavors of chicken noodle

soup. Best of all, you assemble it in a single pot and then walk away for an hour while it cooks in the oven. No stirring required — you're free to attend to those 101 other things you need to do!

Leftovers are great for lunch, and if you have more rice left over after you've eaten all the chicken, it makes a great side dish for another dinner. If you have additional vegetables you want to add to the pot — like cubes of sweet potato or squash, green beans, etc., you can do that. We make a curry variation that my kids love (see note below). This one-pot meal is so simple to prepare, it's a favorite during busy times.

*Caroline Homan is the Food & Nutrition Education Coordinator for City Market/Onion River Co-op. She lives in Burlington with her two children, ages 7 and 4.*

## One-Pot Chicken and Rice Caroline Homan

Makes 6 servings

1 Tbs. olive oil  
1 small yellow onion, diced  
2 large carrots, thinly sliced  
2 stalks celery, sliced  
1½ cups uncooked brown rice  
3 cups water  
1 tsp. salt  
sprinkle of thyme (optional)  
6 drumsticks or 4 whole chicken legs & thighs  
salt and pepper

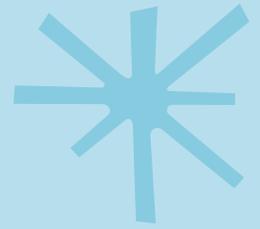
Preheat oven to 400°F. In a large pot with an oven-proof lid (or use a skillet first, then transfer to a large casserole dish), heat olive oil and sauté onion, carrots, and celery for a few minutes until golden. Remove from heat and stir in brown rice, water, salt and thyme. Place chicken on top of the rice mixture, being careful not to overlap pieces. Lightly salt and pepper the chicken. Cover with an oven-proof lid or aluminum foil and bake for about 45–50 minutes, until rice is just about tender. Remove the cover and bake for 15–20 minutes longer so the chicken becomes golden, or until the rice is tender and the chicken is cooked through.

*Curry and peas variation: Skip the thyme and add 1–2 Tbs. curry powder and one package frozen peas along with the brown rice, water, and salt.*

Nutrient analysis per serving: calories 265, protein 20 grams, carbohydrate 30 grams, fat 7 grams, sodium 400 milligrams, fiber 2 grams

## Meet WIC mom: Amanda from Essex

“My family greatly appreciates all of the services offered through the WIC program. The staff is friendly, well informed, and readily available to answer any questions. I found the program very helpful in the beginning phase of breastfeeding. The high quality breastpump they provided has allowed me to continue feeding my son breastmilk after going back to work. At each visit my family has learned valuable developmental and health information. At my son’s 6 month visit he was given an open top cup which he eagerly picked up and brought to his mouth! It was enlightening to see how much he absorbs in the world around him, already beginning to grasp the understanding of a cup. We are so thankful for the support of the WIC program and for helping guide us as we raise our healthy boy.”



## Ask Dr. Lewis First

**Q: My baby doesn’t have teeth yet, but I’ve heard I should start cleaning her gums. When her teeth do come in can I use a toothbrush?**

**Dr. First:** Parents have been asking me a mouthful of questions about dental care for their infants and young children. Tooth decay is the most common chronic disease in the country with more than 40% of children having this problem by kindergarten.

The first baby teeth usually appear around 6 months of age but you can wipe her gums with a soft cloth before teeth appear. After teeth erupt, they need to be cleaned — using a soft cloth or a baby toothbrush with soft bristles — at least twice a day. Kids lack the motor coordination to brush their own teeth well until almost school age — so it’s a good idea for parents to supervise this activity during toddlerhood, but make it fun! When your toddler is ready to brush her own teeth, use only a smear-sized amount of toothpaste. Fluoride is a mineral that helps protect teeth; if your water does not have fluoride in it, talk with your pediatrician or dentist about getting a fluoride supplement.

To prevent tooth decay, make sure babies do not drink a bottle to fall asleep. Formula can pool on the teeth which feeds the bacteria that cause cavities. It is a good idea to create a different bedtime routine such as a warm bath, the nighttime feeding, brushing teeth then reading a quiet story or rocking in a rocking chair.

As to when to visit a dentist, both the AAP and the American Academy of Pediatric Dentistry recommend establishing a “dental home” or primary dentist for your baby when they turn one year of age or within 6 months of the first tooth appearing.

Hopefully tips like this will brush away any concerns you have when it comes to making sure your young child’s teeth stay healthy.

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



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Winter is the time for  
comfort, for good food  
and warmth, for the  
touch of a friendly  
hand...it is the  
time for home.  
~Edith Sitwell

## WIC Newsletter • Winter

**WIC**  
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INFANTS  
CHILDREN  
*We nourish families.*  
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