



Freeborn County Public Health - WIC

411 S Broadway, PO Box 1147, Albert Lea, MN 56007

507-377-5289 Spanish 507-377-5286

Fall 2019

WIC Phone

Please enter the WIC phone number, 507-377-5289, in your phone's contact list. This will allow you to easily call us if you have a question or need to reschedule an appointment. If we call you, the number may show on your caller id as 507-377-5299, so we ask you to list 507-377-5299 as another WIC number (associated with a bogus type of phone, like "WIC pager"). Then you will recognize our call and easily be able to return our call on the working WIC number of 507-377-5289. If you dial the "bogus" number a recorded message will prompt you to enter your party's extension. That number is 5289. Thank you!

Fall Flu Shot

CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications. Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community.

Actions to Prevent the Spread of Germs that May Cause Illness

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

Hands-Free Cell Phone Law

Minnesota is now a hands-free cell phone state, meaning a driver can no longer hold a phone in their hand while driving. Learn more about the law that took effect Aug. 1 at HandsFreeMN.org.

Speak Up and Save Lives

- If you are with a driver who is distracted by their phone, speak up, tell them to put the phone down and offer to be their designated texter.
- Refuse to drive until every passenger is buckled up.
- Slow down —trying to save a few minutes off your drive isn't worth causing a crash.
- Plan ahead before you go out by designating a sober driver, and if you see a person who has had too much to drink, speak up and find them a safe ride home.

Amazing Newborn Clinic:

Families love the Amazing Newborn Clinic! This is a weekly **Free Clinic** staffed by professional nurses and educators who can assist you in parenting and caring for your newborn. You can get your baby's height and weight checked, receive breastfeeding support, meet other parents of newborns, get your questions answered and receive up-to-date information about your baby's growth and development. **This is a free service and no appointment is necessary.** You may drop-in from 12:30-2:00 pm on Tuesdays. A free "Snuggli" will be given away to mom and baby every second Tuesday of the month. Come to the **CareAboutU Café** on the second floor of Brookside Education Center. Call 507-377-5100 for more information.

Mom2Mom Breastfeeding Group:

Meet with other moms **every second and third Tuesday** of the month during **The Amazing Newborn Clinic** at the **CareAboutU Café** from 12:30-2 pm. Moms are enjoying the time to chat and share their breastfeeding experiences. A trained breastfeeding peer counselor will usually be available.

"Like us!" Freeborn County Breastfeeding Coalition on Facebook for Great Information!

Baby's First Fruits & Vegetables

Most babies are ready to eat their first fruits and vegetables when they are 6 months old. Offer single ingredient fruits and vegetables in the beginning: Try strained carrots, green beans, squash, sweet potatoes and peas. Try strained bananas, peaches, pears, apricots and applesauce. Introduce one new fruit or vegetable at a time. Wait a day or two before you try another new food for your baby. Watch for any allergic reactions such as a skin rash, stomach upset or diarrhea. If your baby becomes sick from a new food, talk to your health care provider about it. Your baby may not eat every fruit or vegetable the first time he tastes it. He may need to try a new food 8 to 10 times before he likes it. If your baby spits out a new fruit or vegetable, it's okay. The new food may taste different to him and he is unsure about it. Smile and talk about the new food. Offer the food at another time if he refuses it.

Baby Led Feeding

Finger foods are your baby's first step in learning how to feed himself. Offer soft pieces of fruits and vegetables to your 9 to 10 month old baby. Try cooked carrots, sweet potatoes, white potatoes and squash. Wash and peel vegetables. Cook vegetables until soft. Cut into tiny pieces. Try banana, avocado, mango, melon and canned fruit. Wash and peel fresh fruits. Remove any seeds. Cut into tiny pieces. Let your older baby feed himself with soft finger foods. A baby who feeds himself is less likely to be a fussy eater later. He also learns to eat when hungry and stop eating when full. Give your baby time to learn to like each fruit and vegetable. Put him in his highchair. Place soft fruits and vegetables on his tray. Let him feel and smash the foods with his fingers. Your baby is learning how to eat when he is playing with his food.



Breastfed baby on a schedule?

No, don't worry about the clock. Watch your baby. Your baby will show signs of hunger when he wants to breastfeed. Your baby may want to breastfeed when he: smacks his lips or makes sucking motions, puts his hands in his mouth, chews or sucks on his hands and fingers, pulls his arms or legs toward the middle of his body, moves his head toward your breast when you are holding him. Don't wait until your baby cries.

Crying is one of the last signs of hunger. If you wait until he is crying, it may be more difficult for your baby to settle down and breastfeed. Learn when your baby wants to eat before he starts crying. Talk to your health care provider if you have any concerns about how your baby eats or grows.

Offer a Variety of Baby Foods

After your baby has tried single ingredient fruit and vegetable baby foods, he will be able to eat mixed baby foods. If your baby was unable to tolerate any of the single fruits and vegetables, talk to your health care provider. You may need to avoid a certain food until your baby is older. Introduce new flavors with mixed baby foods: mixed vegetables, mixed fruits, meat and veggies, meat and fruits. Use table foods to make your own baby foods. Start with natural foods - banana, cooked vegetables without added salt, seasonings or added fat. Mash or blend.

Mindful Eating

Do you think about food when you're eating? Many of us don't! We think about everything else...our kids, work, television and family. We stare at the television or read the paper while putting food in our mouths. **Slow down when eating!** Try to eat and stay at the table for 10 to 20 minutes. **Enjoy your food!** Take small bites and enjoy the texture, flavor and smell of your food. **Listen to your body.** There is a point when you will feel satisfied by food. Stop eating when you feel satisfied – not too full, not too hungry. **Turn off the television when eating.** You could easily eat a large amount of food without thinking about it while watching television or reading the paper. Most people will stop eating during a meal, put their fork down and not eat for a short time. **This is called an "eating pause"**. This is the time when you are probably satisfied by food – not too full, not hungry. Some of us will look at our plate and keep eating after this "eating pause". We may eat because there is still food on our plate. Then we could overeat and feel stuffed.

Chicken Bean Soup

2 tablespoons olive oil or canola oil
1 cup chopped onion
1 cup chopped carrots
½ cup chopped celery
2 garlic cloves, minced
1 (15 ounce) can cannellini beans, drained & rinsed
2 (14.5 ounce) cans low sodium chicken broth
2 cups water
1 cup chopped spinach or kale, optional
1 cup cooked, chopped chicken
1 tablespoon dry Italian herbs
Heat oil in a skillet over medium heat. Add the onion, carrots and celery. Cook for about 5 minutes, stirring a few times. Add the minced garlic to the skillet and cook for 1 more minute. Place the cooked vegetables, beans, water and chicken broth in a large saucepan. Cover and simmer for 30 minutes. Add the spinach or kale, chicken, and herbs to the soup. Simmer for 10 more minutes. Season with salt and pepper. Serve.