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Wellness Nutrition Fun FaCts

Benefits of Mall Walking



The majority of malls provide a temperature-controlled indoor environment that can be used for walking, regardless of seasonal changes and conditions.



Mall security staff and presence of other walkers and shoppers help to alleviate a fear of crime that may be prevalent in other neighborhood areas.



Accessibility to level surfaces in a mall helps reduce the risk of injuries that may occur with hilly and uneven terrain.



Few resources other than proper fitted walking shoes are needed for walking in a mall. Latest fashionable workout attire is not a requisite for mall walking.



Mall walking programs may provide support of a program leader, as well as support from other walking program participants for those who enjoy walking buddies.



Well-lit restrooms available in malls may help overcome the worry of some adults about walking in public places, where there may not be access to restroom facilities.

breastfeeding blurb

Tips for Breastfeeding in Public

One of the most common reasons why women avoid breastfeeding is fear of embarrassment. Many women are concerned about other people seeing their breasts. And men worry too! But breastfeeding does not have to be embarrassing! There are ways to nurse your baby confidently, and confidentially, in public!

First, keep in mind that the federal law is on your side! Public nursing is a civil right protected by law. A breastfeeding mom may nurse her baby anywhere that a mother is entitled to be. Breastfeeding is important!



Tips for Nursing in Public

Dress for nursing success! 2 Piece outfits, shirts that button, lift up, or pull to the side easily, or tops with hidden flaps will give your baby easier access and offer you more privacy.

Practice at home first! Before heading out, have your baby latch while you watch a mirror. You may even want to have your partner or a friend watch.

Put a blanket, shawl, or poncho over your shoulders so that it drapes over your baby's head. Or try letting your baby nurse from a sling if you are comfortable wearing one.

Scout out places to nurse before you need them. Find a quiet spot such as a corner or dressing room in a store, or a table in the back of a restaurant. Many public places have special nursing rooms... just ask!

If you would rather people did not know you're nursing, look up!

Chances are, people will think your baby is sleeping!

Try to nurse your baby before she cries from hunger. Often it is the crying that makes people turn and look.

Apple & Chicken Salad

Ingredients:

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)



Directions:

Cut apples in quarters; remove core and chop.

In a medium size bowl, mix all ingredients, except lettuce.

To serve, arrange lettuce on serving plates top with apple and chicken salad.

<http://www.whatscooking.fns.usda.gov/>

South Dakota Department of Health WIC Program