



November 2016

# Wellness Nutrition Fun FaCts

## 10 Healthy Family Activities for: November

- 1- Take a walk with a friend today, rather than meeting for lunch.
- 2- Make pasta tossed with fresh vegetables for a delicious and easy way to enjoy vegetables.
- 3- Cut apple slices for your child. Keep the peel on for added fiber.
- 4- Serve breakfast for dinner tonight! Try omelets made with lots of vegetables.
- 5- Kick up lunch by stuffing a whole-grain pita pocket with yogurt, Granny Smith apple slices, & a dash of cinnamon.
- 6- Turn on some music and dance with your children! 
- 7- Consider bringing a dog home from your local animal shelter, one who loves long walks. The exercise and companionship is good for both of your hearts.
- 8- Purchase kid-friendly pedometers for your kids to wear all day. Hold contests and give a prize to the child with the most steps walked.
- 9- Decorate for the holidays with oranges, lemons, and chestnuts. They make beautiful holiday décor, and then you can eat them afterward.
- 10- Add some calcium to your dinner tonight by serving either steamed broccoli or cooked black beans.



Visit [www.cancer.org](http://www.cancer.org) to learn more

# breastfeeding blurb

## Breast Milk...the New Duct Tape

You already know how incredibly precious your milk is for your baby. It provides perfect nutrition, it's customized to your baby's needs, and it's very easily digested. But did you know...breast milk has a number of valuable uses beyond infant nutrition.

Human milk has been used to treat illness or injuries for thousands of years.  
Here are just a FEW of its non-nutritional uses!

- Because it contains live antibodies, breastmilk has been an effective home remedy for minor ailments, such as pink eye, insect bites and stings, contact dermatitis, burns and abrasions.
- Breastmilk rubbed around sore nipples after feeding and allowed to air-dry, promotes healing.
- Research shows infants who are breastfed have fewer infections (of any type!).
- Cumulative years of breastfeeding is one of the best (and most relaxing) ways to prevent breast and cervical cancer for nursing moms.

The research is clear: breast milk is best, and not just for feeding! Of course, talk with your doctor before deciding on treatment for any conditions. But keep in mind that human milk is pretty spectacular, and keep that in mind every time you nurse or pump for your baby! And if you're still pregnant, we encourage you to plan on breastfeeding your baby! Your WIC nurse or dietitian can absolutely help answer any questions you may have.

## Lentil Soup - Serves: 11

### Ingredients:

2 tablespoons olive oil  
2 medium carrots, diced  
2 medium stalks celery, chopped  
1 small yellow onion, chopped  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried basil  
½ teaspoon ground black pepper  
2 cups dry lentils  
1 can (14 ½ ounces) crushed tomatoes  
2 cups vegetable broth  
6 ½ cups water

**Preparation:** In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day.

