



December 2022 Issue

WIC Program Newsletter

Office Hours

Monday - Friday:
8:30 am - 3:45 pm

Site Location & Dates

Currently Conducting Remote Appointments

Breastfeeding Support Group

Please join us for our virtual breastfeeding support group! Every Monday, Wednesday and Friday at 10am and Wednesday at 6pm.

CEO's WIC Program

2328 Fifth Avenue,
Troy, NY 12180

Phone: 518-272-6159

Website:

www.ceoempowers.org/wic

* This institution is an equal opportunity provider.



Photo courtesy of https://www.healthhub.sg/live-healthy/214/grocery_shopping_budget

Feeding Your Family on a Tight Budget

Everyone needs enough nutritious food to live a healthy life. But many people can't get it all the time. This can happen for different reasons, like:

- not having enough money to buy food
- being unemployed
- not having an easy way to get to a store to buy food

The community where a person lives also plays a role. Some people have to travel long distances or have few supermarkets or grocery stores nearby. These areas are sometimes called "food deserts."

Convenience stores are common in food deserts. They usually have higher food prices and carry a smaller variety of fruits and vegetables. Anyone can have trouble getting enough healthy food. It can happen to adults and kids of any age.

Why Is a Healthy Diet Important?

Communities with limited affordable and healthy foods tend to have easier access to fast food restaurants.

Not having easy access to fruits, vegetables, and important vitamins found in healthy foods can lead to health conditions like low iron levels and obesity.

Low iron levels and a diet with lots of sugar can cause behavior problems, such as trouble paying attention, poor memory, and hyperactivity. Children also can have mood changes, increasing their risk for anxiety and depression during the teen years.

A healthy diet can help prevent health conditions like asthma and emotional stress. Kids who eat well also tend to be more active. This can help them keep a healthy weight and avoid health problems linked to obesity.

Where Can Families Find Food Resources?

Children and families may qualify for free and confidential services that can help them find healthy foods. These include:

Women, Infants, and Children (WIC)

WIC provides money for food such as formula, infant cereal, fruits, and vegetables to low-income pregnant women and new moms, and to infants and children up to age 5 who are at nutritional risk. Find more information online at: <https://www.fns.usda.gov/wic>

Supplemental Nutritional Assistance Program (SNAP)

SNAP helps families with their food budget so they can buy healthy food.

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Photo courtesy of
<https://sites.psu.edu/krichardsnutrition/2015/10/13/shopping-on-a-budget/>

Families can buy a variety of foods like fruits and vegetables, meats, and dairy products. You must apply in the state where you live and meet income rules. Find more information online at:

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

School Breakfast Program

This federal program in public and nonprofit private schools provides free or low-cost breakfast to children based on household income and family size. Find more information online at:

<https://www.fns.usda.gov/sbp/school-breakfast-program>

National School Lunch Program

This program provides free and low-cost meals to kids in public and nonprofit private schools based on household income. Find more information online at:

<https://www.benefits.gov/benefit/366>

National Hunger Hotline

The USDA's National Hunger Hotline connects families with emergency food sources in the community, such as food banks, government assistance programs, and other social services. Call 1-866-3-HUNGRY or 1-877-8-HAMBRE (for Spanish) Monday through Friday, 7 a.m.–10 p.m. EST.

Find more information online at:

<https://www.hungerfreeamerica.org/en-us/usda-national-hunger-hotline>

Smart shopping on a budget means knowing what to buy and when.

Plan Ahead:

- Plan meals each week. Keep recipes, grocery lists, receipts, and coupons in one place for easy planning.
- Make a shopping list. Be specific. Note quantity needed and which coupons you have.
- Know what you have. Inventory your pantry and fridge each week.
- Save receipts. Each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting, if needed.
- Collect coupons. Also sign up for rewards cards and e-mail/online coupons if your store has them.

At the Store:

- Compare prices. Store-brand products may be more affordable.
- Use coupons. But compare prices. A coupon isn't always the best deal.
- Buy in bulk. It may save money. Just be sure you have room in your pantry or freezer.
- Save with seasonal produce. Fruits and vegetables will stay fresh for about a week. Canned or frozen will last longer, may be less expensive and can be just as healthy.
- Don't check out at checkout. Pay attention at the register to make sure you get discounts and savings.