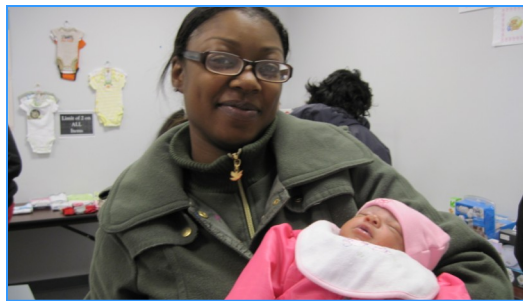




Mommie, Me & More

Baby Store—March 2011



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Healthy Start Events Calendar

Healthy Start has several upcoming community events planned. We are looking forward to seeing you and family at these events. Please bring a friend.

May 27, 2011 - 5th Annual Health Fair (IVY Tech, Gary Campus) 1440 E. 35th Ave.

Gary, IN. 10:00 A.M. - 2:00 P.M.

June 17, 2011 - 3rd Juneteenth Celebration (Gary Neighborhood Services) 300 W. 21st Ave. Gary, IN. 10:00 A.M. - 2:00 P.M.

July 29, 2011 - 5th Annual Ice Cream Social (Moms, Kids

& Company) 1222 - 173rd St. Hammond, IN. 12:00 P.M. - 2:00 P.M.

August 5, 2011 - 5th Annual Stroll In The Park (Tod Park) W. 140th St. & Tod Ave. East Chicago, IN. 10:00 A.M. - 2:00 P.M.

News You Should Know

In our Summer 2010, issue of this newsletter information was provided on **ReachOut Wireless**, a government assistance program for a **free cell** phone and **free monthly minutes**. Currently, this service is not yet offered in Indiana. Good news! There is now a Lifeline government program, called **Assurance Wireless**, available to Indiana residents. **Assurance Wireless** provides a free cell phone and free monthly minutes (250 free minutes), to all qualifying applicants.

To qualify you must participate in a State or Federal assistance program such as Food Stamps/SNAP, Medicaid, Federal Public Housing Assistance or Section 8, Low Income Home Energy Assistance Program, Supplemental Security Income (SSI), National School Free Lunch Program, or Temporary Assistance for Needy Families (TANF). You may also qualify based on your household

income meeting government guidelines.

To apply for this phone service call **1-888-898-4888**, **1-800-392-3850**, or visit **assurancewireless.com** for more details.

Rear-Facing Car Safety Seat - American Academy of Pediatrics (AAP) updated their recommendations on car seats. A new policy on car seats was published in the April 2011, issue of Pediatrics, a scientific journal that doctors review. The AAP recommends that all infants should ride rear-facing starting with their first ride home from the hospital. All infants and toddlers should ride in a rear facing car safety seat until they are **2 years of age** or until they reach the **highest weight or height allowed by their car safety seat's manufacturer**. New research has found children are safer in rear-facing car seats.

WIC Farmers' Market Nutrition Program -

This program offers the opportunity to buy wholesome, freshly picked and locally available produce. All women, infants and children who participate in the WIC Program are eligible to participate in the WIC FARMERS' Market Nutrition Program. In Indiana, Lake County, participates in the WIC Farmers' Market Nutrition Program. Eligible WIC participants are issued Farmers' Market Nutrition Program coupons in addition to their regular WIC benefits. These coupons that are given can only be used at *authorized* farmers' markets. Coupons are issued during the summer months. Check with your participating WIC office to find out when their program starts.

Shopping at a Farmer's Market

Farmers' markets or even a roadside produce stand is a wonderful place to find fresh fruits and vegetables. Farmers' markets run from early Spring to late Fall. Some markets are open daily during the season, while others are open one or two days a week, most likely on weekends. There are few markets open year round.

Some of the benefits of shopping at a Farmers' Market are:

.Produce is usually *fresher and healthier*.

. Buying large quantities of fruits and vegetables at the start of their season can *save you money* by being frozen or canned for use later.

- Seasonal and locally grown
- produce tends to be *cheaper*
- Buying locally supports

your

- local economy. Your money will stay in your area.

Farmers' markets offer more than fruits and vegetables. Some markets also carry cheese, eggs, bread, nuts, oils, preserves and honey. If you do visit a farmers' market, don't forget to bring a large bag to take your produce home!

Healthy Start Baby Store

Have You Earned Baby Bucks??

If so, come to the "Baby Store"

On

June 1, 2011

10:00 a.m. - 1:00 p.m.

6939 Grand Avenue

Hammond, IN

Contact your case manager

for transportation!



Flavors of Spring and Summer

Fruits and vegetables are nutritious in any form - fresh, frozen, canned, dried and 100% juice. Fruits and vegetables are rich in vitamins and minerals that help you feel healthy and energized. They provide fiber that helps fill you up and helps with your digestive system. Fruits and vegetables have natural antioxidants to help keep your body working at its best. Fruits and vegetables are helpful at reducing the risk of coronary heart disease, Stroke and some cancers. They're also naturally low in calories, which helps prevent obesity, a risk factor for type 2 diabetes, cancer, heart disease, and high blood pressure.

Look for these fruits and vegetables at farmers' markets and in our grocery store produce department for the best flavor in season. Get great flavor and deals by buying fruits and vegetables in season.

Blueberries

- Choose firm, plump, dry blueberries with dusty blue color. Check container for mold.

- Refrigerate blueberries for 10 to 14 days.

Butter Lettuce or Bibb Lettuce

- Avoid choosing butter lettuce heads with wilted leaves.

- Store washed and dried lettuce in the refrigerator in plastic bag for up to five days.

Cantaloupe

- Choose cantaloupes that feel heavy for their size, with no bruises, have a yellow or cream undertone. The stem end should give to gentle pressure.

- Store uncut cantaloupes at room

temperature for up to 1 week. Cut melon can be refrigerated in an airtight container up to 5 days.

Cherries

- Sort through cherries by hand. Select firm, plump cherries with vibrant color. Avoid soft, shriveled or blemished cherries.

- Cherries can be refrigerated for up to 10 days.

Collard Greens

- Fresh collards have a dark green color and no yellowing. Avoid wilted or yellow leaves.

- Refrigerated collard greens in a plastic bag for up to 5 days.

Corn

- A green husk, tight around the cob, indicates freshness. Choose ears with green husks, fresh silks and tight rows of kernels.

- Refrigerate corn with husks on and use within 1 to 2 days.

Cucumber

- Choose firm cucumbers with dark green color, heavy for size. Avoid limp or bruised cucumbers.

- Refrigerate cucumbers in plastic bag up to 1 week.

Green Beans

- Choose fresh, well colored beans that snap easily when bent.

- Refrigerate green beans in a plastic bag, and use within 1 week.

Peach

- Pick peaches without bruises or marks. Ripe peaches will give to gentle pressure.

- Unripe peaches can be stored in a paper bag. When peaches are ripe; store at room temperature for use within 1 - 2 days.

Strawberries

- Choose shiny, firm strawberries with a bright red color. Avoid shriveled, mushy or leaky berries.

- Do not wash strawberries until ready to eat. Store in refrigerator for 1 to 3 days.

Tomato

- Look for firm, bright, strong-smelling tomatoes.

- Store at room temperature away from direct sunlight, use within 1 week after ripe. Tomatoes taste best if not refrigerated; refrigerate only if you can't use them before they spoil.

Watermelon

- Ripe watermelon is yellowish on the underside. A good watermelon has a dried-out stem, a green stem indicates under-ripeness. Choose a watermelon that's heavy for its size.

- Store whole watermelons at room temperature; refrigerate cut watermelon in airtight container for use within 5 days.

Zucchini

- Choose zucchini with a slightly prickly, but shiny, blemish free. The skin should be firm, with no cuts and bruises.

- Store zucchini in a plastic bag and refrigerate for 4 to 5 days. Once cooked, zucchini can be stored in the refrigerator, and should use within 2 days.



Summer Sun Safety

Can you hear the birds sing; See the beautiful flowers bloom; Feel the warm sun?

Summer is a great time for fun, relaxation; picnics, and trips to the pool...

and a time for sun safety. Studies show that long period of time in the sun can cause skin cancer. The rays from the sun, sun-lamps and tanning beds can create eye problems, reduce your immune system, and produce skin spots and wrinkles.

The sun damage to the body is caused by invisible ultraviolet (UV) radiation which reaches us in long wavelengths- UVA or short wavelengths – UVB. UVB radiation can cause sunburn and longer wavelength UVA can enter the skin damaging deeper tissue levels.

It doesn't matter our skin color, we can be victims of sunburn or other damages due to sun exposure.

Here are a few ways to help protect our skin:

Be alert that some medications can make you sensitive to sun expo-

sure.

Reduce time outside when the sun rays are strongest between 10a.m. to 4 p.m. even on over-cast days.

Dress with care wearing clothes that protect the body if out in the sun like a hat, long sleeves and pants.

Use sunscreen that has a "sun protection factor" (SPF) of 15 or more, "broad spectrum" protection and water resistance.

Apply the correct amount of sunscreen over all the body. Use sun screen every time children and babies go out. Ask your doctor before using on babies under 6 months.

Don't forget your eyes. Prevent damage by wearing sunglasses with 99-100% UV protection.

Use caution when using Sunlamp products & indoor tanning equipment, follow the recommended guidelines.

Check your skin for signs of skin cancer looking for changes in birthmarks, moles and spots. Report changes to your doctor.

For additional information review <http://www.everydayhealth.com/fda/sun-safety.aspx>



The Best Red Potato Salad Ever

The Best Red Potato Salad Ever

From Country Living

Light & Delish Magazine - 150 Easy Healthy Meals

Total time 50 mins. Plus chilling

Makes 12 side servings

3 lbs. unpeeled red potatoes

Water

$\frac{3}{4}$ cup chopped white onion

$\frac{3}{4}$ cup red pepper

$\frac{3}{4}$ cup celery

$\frac{1}{2}$ cup finely chopped dill pickles

3 large hard-boiled eggs

2 Tbs. dill pickle juice

1Tbs. cider vinegar

$\frac{3}{4}$ cup mayonnaise

Salt

Pepper

In a large pot, cover 3 lbs. unpeeled **red potatoes** with salted cold water and bring to a boil over high heat. (The waxy texture of the red potato skin will keep spuds intact as you mix them together with the other ingredients.) Cook until they're easily pierced with a skewer, about 40 minutes. Meanwhile, combine $\frac{3}{4}$ cup each chopped **white onion**, **red pepper**, and **celery**, $\frac{1}{2}$ cup finely **chopped dill pickle**, and 3 large **chopped hard-boiled eggs** in a large bowl. Drain potatoes and cut into half inch pieces

while still warm. Transfer to the bowl and sprinkle with 2 Tbs. **dill pickle juice** and 1 Tbs. **cider vinegar**. Toss salad gently with $\frac{3}{4}$ cup **mayonnaise**. Season with **salt** and freshly ground **pepper**. Chill the salad until ready to serve.

Each serving About 221 calories, 4 g protein, 22 g carbohydrate, 12 g total fat (2 g saturated), 2 g fiber, 58 mg cholesterol, 412 mg sodium.



Healthy Start

6939 Grand Avenue
Hammond, IN
46323



"Building Blocks To Better Babies"

Mission And Philosophy

Healthy Start is a federally funded project designed to reduce infant mortality by helping women of childbearing age improve their health behaviors. Women are more likely to make healthy choices regarding childbirth if they are informed, if barriers to services are reduced, and if medical check-ups, nutrition education, and substance abuse treatment are readily accessible. Healthy Start supports this by offering a "one-stop shopping" approach to services, by coordinating services between public and private agencies, and by providing outreach activities that educate and inform members of the community.

HEALTHY START STAFF

Risë L. Ratney, Project Director
Clara B. Sanders, Director of Case Management/Outreach/Transportation
Lee-Ann Weber-Hatch, Director of Health Education
Avis Rogers-Dumas, Community Outreach Coordinator
Angela Noel Peasant, Project Fiscal Clerk

Lourdes Cisneros, Case Manager/EC
Imogene Cunningham, Case Manager/Gary
Kathie Gibson, Health Educator
Annette Lenair-Johnson, Case Manager/Gary
Alicia Mandragon, Case Manager/Hammond
Maria Negrete, Outreach Worker
Delores Pratt, Lead Outreach Worker

Jayma Rodina, Case Manager/Lake Station
Jenna Smith, Case Manager/Lake Station
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