

## Enjoy Fall in Vermont!



Fall is very special in Vermont and a great time to get outside in the cool, crisp air and enjoy all that the season has to offer.

Children can help around the yard, such as helping to rake leaves. The best part will surely be jumping in the leaves when you're done!

Fall's a perfect time for family walks. Watch for the trees changing colors and the small animals gathering up food for the winter. Listen for the leaves crunching under your feet and the flocks of geese flying south.

Find out about hiking trails in your area by visiting the Vermont Living web site at: [www.vtliving.com/hiking](http://www.vtliving.com/hiking).

Visit local apple orchards and pumpkin patches to pick-your-own — what a fun outing for the whole family!

Find local pick-your-own farms at the Department of Agriculture's website: [www.vermontagriculture.com/buylocal/buy/pyo\\_map.html](http://www.vermontagriculture.com/buylocal/buy/pyo_map.html)

## Stock up for the winter

Use your Farm to Family coupons at the farmers' market by October 31 to stock up on the fall harvest, including winter squash. Buy extra squash now when the price is low, then cook and freeze for later use.

Wash and cut squash into several large pieces.

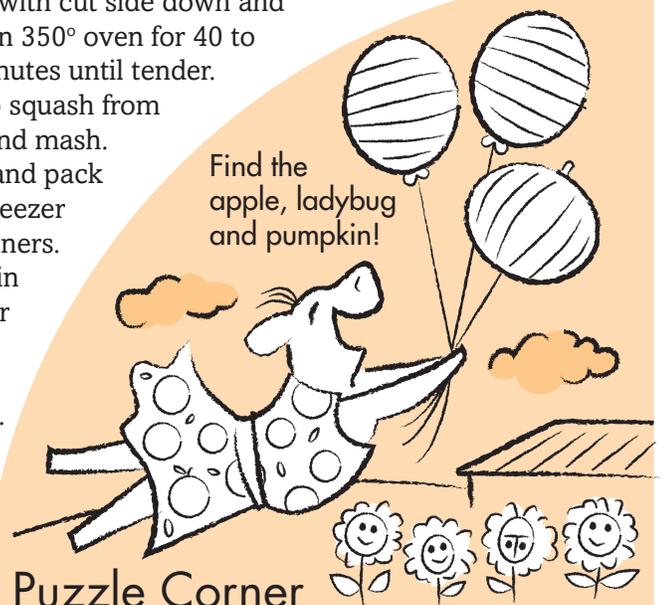
Remove seeds. Place on baking sheet with cut side down and bake in 350° oven for 40 to 50 minutes until tender.

Scoop squash from rind and mash.

Cool and pack into freezer containers.

Keep in freezer until ready to use.

Find the apple, ladybug and pumpkin!



Puzzle Corner

# Simmering soups

by Caroline Homan

In the old days, when a woman would get married, her mother would advise her to keep a pot of soup simmering on the stove so she would have a ready meal on hand and her house would smell like “home.” Even today, when we’re visiting a friend with a new baby or are new mothers ourselves, making and sharing soup is a great way to care for ourselves and others.

Soups are a great way to get the most out of vegetables because the vitamins and minerals in the vegetables dissolve into the broth, so none of the “good stuff” goes to waste. In addition to vegetables, a little protein will help make a soup a complete meal. You can add beans to a chunky vegetable soup or add some milk and grated cheddar

cheese to a smooth soup. Whether you make chunky or smooth soup may depend a lot on what your kids will eat!

Kids may be more likely to eat soup if they have a slice of bread for dipping, or day-old bread that you toast for “croutons” on top, or if you add their favorite vegetable (for my kids it’s frozen corn). You can even give them just the broth and let them pick the bowl up and drink it — always a fun activity, when you’re allowed, against all usual rules, to “slurp” your food!

When I make soup, I make enough to freeze a quart-sized container with leftovers which will feed four of us at lunchtime or Mom and Dad at dinner.



*Caroline Homan is the Food & Nutrition Education Coordinator for City Market/Onion River Co-op. She lives in Burlington with her two children, ages 6 and 3.*

## Golden Cheddar Cheese Soup

*Adapted from The Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Any Day*

My kids love this soup recipe, which we make with golden vegetables like summer squash in the summer and with orange vegetables like sweet potatoes or butternut squash in the fall. Since it’s smooth, the kids never know all the vegetables they’re eating!



Makes 6 adult servings

- 1 yellow onion, chopped\*
- 2 tablespoons olive oil
- 2 medium potatoes, peeled and sliced
- 1 medium carrot, peeled and sliced\*
- 1 summer squash (summer) or 1–2 cups chopped sweet potatoes/butternut squash (fall)\*
- Pinch ground turmeric
- 2 cups water or vegetable stock
- 1 cup 1% milk or buttermilk\*
- 1 cup grated cheddar cheese\*
- Salt and pepper to taste
- Parsley or kale, minced (optional)

\* WIC foods

Sauté the onion in oil for 5 minutes or until the onions begin to soften. Stir in the potatoes, carrots, squash, and turmeric. Add the stock or water and simmer for 15–20 minutes, or until vegetables are soft. Stir in the milk and cheese. Puree the soup in a blender. Gently re-heat on low. Add salt and pepper to taste, and serve topped with minced parsley or kale.

Nutrient analysis per serving: calories 208, protein 8 grams, carbohydrates 19 grams, fat 11 grams, sodium 158 milligrams, fiber 2 grams.

## Meet WIC mom: Shawna from Shaftsbury

“I started out being just another mom in need of guidance and support with my first child. I have always loved learning about children’s development and WIC helped me understand my child as he grew. Learning about child development enticed me to learn more and to open a daycare. Now I am going to school to be a nurse and in time want to be a midwife. In the time I have been with WIC they helped me get one step closer to my goal of becoming a lactation consultant and midwife. I am now a peer-counselor and I help support new or experienced breastfeeding moms. I know how hard those times can get and I am glad I can give moms encouragement and guidance, because sometimes that’s all we need to hear to keep moving forward. WIC is a great program that has so much to offer and they are just the beginning on a wonderful journey.”



For more information on the revised car seat guidance visit [www.healthychildren.org](http://www.healthychildren.org) and type “car seats” into the search line.



## Ask Dr. Lewis First

**Q: How old should my child be before her car seat can face forward? I’ve heard it is different now than it was when my older child was a baby.**

**Dr. First:** It is different — thanks to additional research that has been done to determine the safest position for infants and toddlers to be in when they ride in cars — so let me drive home some information on the new recommendations for positioning a young child in a car seat.

The American Academy of Pediatrics now recommends that all infants and toddlers ride in a rear-facing car seat until they are 2 years of age or until they reach the height and weight allowed by the manufacturer of the seat that is being used. This is a new and important recommendation since studies suggest that a child under age 2 is 75% less likely to die during a crash if they are in a rear-facing infant seat or a rear-positioned convertible seat.

After age 2, or for those under 2 who have outgrown the rear-facing height and weight limit, they need to be in a forward facing seat until they reach the recommended height and weight limit for that seat at which time they move into a booster seat. The booster seat should be maintained until a child is at least 4 feet 9 inches tall and between 8 and 12 years of age at which time they will be sized properly for the lap and shoulder belt.

Even if they graduate to a regular seatbelt, children younger than 13 should still ride in the back since they are not sized properly to withstand the pressure of an airbag opening, and could suffer head and neck injuries. Finally, always buckle up yourself to set a good example.

Hopefully, recommendations like these will sit well with you and your child when it comes to insuring their safety on the road.

*Dr. Lewis First is Chief of Pediatrics at Vermont Children’s Hospital at Fletcher Allen Health Care.*

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By all these lovely tokens  
September days are here,  
With summer's best of weather  
And autumn's best of cheer.  
~Helen Hunt Jackson

## WIC Newsletter • Fall

**WIC**  
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INFANTS  
CHILDREN  
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