



# WIC Newsletter

**Saratoga County  
EOC-WIC**

39 Bath Street, P.O. BOX 169, Ballston Spa, NY 12020  
Phone: 518-288-3232  
Fax: 518-288-3233

**Summer 2018**

## Upcoming WIC Closings

- \* Wednesday, July 4th, Independence Day
- \* Monday, September 3rd, Labor Day
- \* Monday-Friday, September 17th through September 22nd, NYWIC Conversion week - no WIC services will be available! Please plan ahead.
- \* Monday, October 8th Columbus Day

## Farmers Market

Farmers Market season has arrived! Farmers Market coupons are now available! This year, each participant (over 9 months of age) is eligible to receive \$20 worth of Farmers Market coupons to purchase locally grown fruits, vegetables and herbs at participating markets. Please keep in mind, supply is limited, so we ask that you only accept the coupons if you plan to use them! When you have used all of your Farmers Market coupons, tell any WIC employee so you can be entered into a drawing for a gift basket!

## eWIC Coming Soon!

What is eWIC? eWIC is our new way to issue benefits. Participants will no longer bring paper checks to shop, instead, participants will be using a WIC EBT card referred to as 'eWIC'. eWIC will allow for an easier checkout at the register. You will be able to pick and choose what WIC foods you want to buy at that time and only one card will be used for all members in your family. Saratoga County EOC-WIC will close the week of September 17th to allow for conversion



to the new system and training of our staff. Please be patient with us during this time. We will continue to keep all participants updated and try to answer any questions you may have. If you have friends or family in the Capital District on WIC, they may start using eWIC before September. Just keep reminding yourself that it is coming to Saratoga County EOC-WIC soon!



## Celebrate World Breastfeeding Week: August 1—7, 2018

**WORLD BREASTFEEDING WEEK IS CELEBRATED EVERY YEAR FROM AUGUST 1ST TO 7TH ALL OVER THE GLOBE TO ENCOURAGE BREASTFEEDING AND IMPROVE THE HEALTH OF BABIES AROUND THE WORLD.**



Breastfeeding woman can be part of the **Global Big Latch On!** **Global Big Latch On** events take place at registered locations around the world, where women gather together to breastfeed and offer peer support to each other. Their friends, family and community join this celebration to

promote and support breastfeeding. The **Global Big Latch On** event creates a lasting support network for the community. Saratoga County EOC-WIC will be a sponsor of a **Global Big Latch On** in collaboration with Northshire Bookstore, 424 Broadway, Saratoga Springs.

So, please come and celebrate World Breastfeeding Week with Saratoga County EOC-WIC and Northshire Bookstore on **Saturday, August 4th from 10:15 am - 12pm.** All breastfeeding moms should arrive by 10 AM to register to take part in the Big Latch On!

## Freezing Fresh Vegetables

Freezing fresh vegetables is a great way to make your fresh vegetables last longer!

Freezing vegetables will take a little more time than opening a can, but the vegetables will continue to taste fresh. When selecting the vegetables you want to freeze it is important to remove any dirt, or residue that may be on them. When they are thoroughly washed peel, trim and cut vegetables into pieces. When selecting vegetables to freeze it is also important to choose tender vegetables that are not over ripe. Vegetables such as green onions, salad greens, radishes and tomatoes are not ideal vegetables for freezing.



There are 2 different methods to blanching vegetables to get them freezer ready:

**1. Boiling water**– Use 1 gallon of water per pound of vegetables. Use a wire strainer or mesh bag and submerge into boiling

water. Water must be boiling in order for vegetables to be blanched. Ask a WIC nutritionist for recommended blanching times.

**2. Steam**– Rapidly boil water, and place a single layer of vegetables above boiling water in a wire strainer and cover. Start time once the lid is over vegetables. Ask a WIC nutritionist for recommended blanching times.

Once vegetables have been blanched, you are then ready to package them and have them freezer ready. To store vegetables you can use a freezer bag or a rigid container. If using a bag, squeeze out all the air. Try to leave an inch of space to allow for any kind of expansion of the vegetables. Vegetables must be kept in a freezer at or below 0° degrees Fahrenheit.

When you are ready to use your frozen vegetables, no need to thaw them! They can be cooked without thawing. Drain and season as desired.



## Loaded Yogurt Watermelon Pizza



### Ingredients

- 1 center cut slice of watermelon\*, sliced 1-2 inches thick
- 1/4 cup plain yogurt\*
- 1 teaspoon honey
- 1/3 cup blueberries\*
- 1/3 cup raspberries\*
- 1/3 cup sliced strawberries\*
- 1 tablespoon chopped pistachio nuts
- 1 teaspoon shredded coconut

\* Indicates WIC approved food

### Directions

1. Cut the watermelon center slice into 8 wedges
2. Spread yogurt evenly over watermelon
3. Drizzle with honey
4. Sprinkle blueberries, raspberries, strawberries, pistachios and shredded coconut over yogurt
5. Serve immediately

For more information about current happenings, please visit our website at <http://www.saratogaecoc.org> or visit our “WICstrong” page <https://www.wicstrong.com/agency/saratoga-county-ecoc/> or like us on Facebook!

'Saratoga County EOC is an equal opportunity provider'

