

WIC Spring Newsletter 2019
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WIC Holiday Closings

May 27th – Memorial Day

July 4th – Independence Day

Spring

Break out of the Winter Rut and Spring into Season with Fresh Fruits and Vegetables that are in Season now!!!

Asparagus, Artichokes, Baby lettuces, Fava beans, Fresh peas, Leeks, Morel mushrooms, Radishes, Rhubarb, Strawberries.

Eating seasonally ensures that you will be able to incorporate more variety into your meal planning!

Don't be afraid to try new things! Create a challenge for yourself; try one new food per week!

Don't Forget to Download the WIC2GO App!!!

- ⇒ Lists your future WIC appointments
- ⇒ Set reminders for your WIC appointments
- ⇒ Check your current WIC benefits
- ⇒ Scan food items at the store to see if they are WIC-approved
- ⇒ Search for stores that accept WIC

WIC2GO can be downloaded from the Apple Store or Google Play

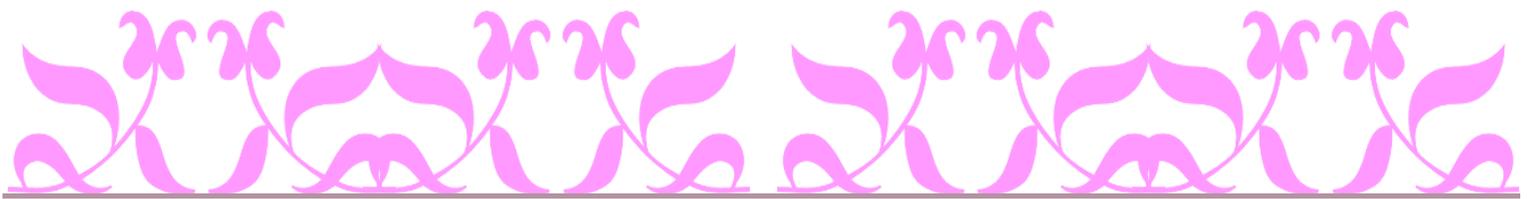
Get Ready for June!!! Farmer's Market Coupon Time!!!

It's that time of year again!!!

Starting June 1st 2019, WIC will start offering Farmer's Market Coupons to our WIC participants. Have the kids pick new fruits and veggies to try!



Saratoga County EOC is an equal opportunity provider.



Very Veggie Salad

- 2 Cups cooked whole wheat pasta*
- 2 Cups chopped veggies* (broccoli, red and yellow bell peppers, black olives)
- 1 Cup Garbanzo beans*
- 1/2 Cup cubed cheddar cheese*
- 1 Clove garlic*
- 1 Tomato*, diced
- 1 Small red onion*, diced
- 1 Cup low-fat Italian vinaigrette



Mix all ingredients and chill in fridge for about an hour before serving.

*WIC allowed Foods



Breastfeeding Your Toddler – Yes you can!!

“Toddlers breastfeed for many of the same reasons babies breastfeed: for nutrition, comfort, security, for a way to calm down and for reassurance. Mothers breastfeed their toddlers for many of the same reasons they breastfeed their babies: they recognize their children’s needs, they enjoy the closeness, they want to offer comfort, and they understand the health benefits.”

“Just as babies do, toddlers receive health benefits from breast milk: it continues to provide immunities and vitamins, and can help protect your toddler from illness and allergies. If your toddler does get sick, nursing will help comfort him. In fact, a toddler with an upset stomach may be able to tolerate nothing but human milk.”



Source: La Leche League International

