

WIC FALL 2019 NEWSLETTER

Saratoga County EOC WIC- 39 Bath Street Ballston Spa, NY 12020

Phone: 518-288-3232

Fall into Healthy Habits this season

5 Tips for a Healthy Fall

1. **Reach for Root Vegetables-** The peak of root vegetable season is here! They are packed with many healthy nutrients and provide plenty of flavor to dishes during the colder months. Examples of these underground gems are garlic, carrots, sweet potatoes, beets, parsnips and ginger.
2. **Stay Physically Active-** We know Fall brings shorter days and cooler weather, however it's still a wonderful time of year to be outside. This is a great time of year for apple picking, nature hikes, leaf collecting, and spending quality family time together.
3. **Support local farms-** Many farmers markets remain open during the Fall and Winter seasons. Continue to visit and buy your locally grown vegetables and fruits, including squash and apples.
4. **Go for Whole Grains-** Choose whole grains when selecting breads, tortillas, pastas and other grains. They provide vitamins (B vitamins), minerals (iron), and other nutrients (fiber) needed to keep your family healthy. Whole grains also help reduce your risk of heart disease, some cancers, diabetes and other health problems, such as constipation.
5. **Try New Recipes-** Fall in love with a variety of ingredients and warm up with homemade soups, stews, and chilies. See back for some cozy Fall recipes!



Attention: As weather changes, starting November 1st Farmer's Markets head indoors. Farmer's Market Coupons can be used until November 30th.

Saturdays- The Saratoga Farmers' Market moves into Wilton Mall 3065 NY-50, Saratoga Springs, NY 12866 (Bon-Ton/DMV entrance)

November-April: 9:30am-1:30pm

Sundays- Spa City Markets moves into Lincoln Baths 65 South Broadway Saratoga Springs, NY 12866

November- April: 10am-2pm



Breastfeeding Corner

Join Sarah Smith, CLC and Kelly Duheme, IBCLC for a FREE breastfeeding support group. Come celebrate successes and share struggles with other local breastfeeding moms. Now offered once a month at Ballston Spa Library and Saratoga Hospital.

Snacks and water provided

Bring a floor mat/blanket

This group is open to any pregnant or breastfeeding mom as well as grandmothers and children under 5

Contact WIC staff for further information on dates and times

Fall Holiday Closings:

- Monday Oct. 14th– Columbus day
- Monday Nov. 11th– Veteran's Day
- Thursday + Friday Nov. 28th & 29th – Thanksgiving
- Wednesday Dec. 25th – Christmas
- Wednesday Jan. 1st – New Year's Day



Warm up with healthy comfort food this Fall!

Autumn Lentil Soup

- 2 cups of dried lentils *
- 2 celery stalks *
- 3 cloves of garlic, minced
- 1 onion, chopped, yellow or white *
- 2 carrots, chopped *
- 1 tbsp. of ground ginger
- 1 1/2 tbsp. of ground cumin
- 1/2 tsp. ground coriander
- 5 cups of chicken broth
- 2 tbsp. of olive oil
- 3 cups of mixed greens (kale, spinach, swiss chard, etc.) *
- Sea salt, optional



Directions: Rinse lentils thoroughly and check for small stones. Heat olive oil in a sauté pan over medium heat. Once pan is warm, add minced garlic, carrots, celery, onions, and ground ginger. Cook until onions are caramelized. Add remaining spices, chicken stock, and lentils, then bring to a simmer. Cover and let cook for 30 to 35 minutes until lentils are soft. Before soup is complete, add mixed greens and cooked until wilted, approx. 2 minutes. Serve with hearty and crisp multigrain bread.



WIC HAS ROOM TO GROW!

WIC provides Nutrition Education, Breastfeeding Support, Nutritious foods, and referrals to other services. Do you think you may qualify or do you know a family who could benefit from the WIC program?

See your WIC staff for further information.



Texas-Style Chili

- 1 tbsp. of vegetable oil
- 1 lb. lean ground beef or turkey
- 1/2 cup of onion, chopped *
- 1 green pepper, chopped *
- 1 cup of corn *
- 2 cups diced tomatoes *
- 1 (15oz.) can of pinto, kidney, or red beans, drained and rinsed *
- 1 tsp. cumin
- 1 tsp. of chili powder (add more for taste preference)

Directions: In a large sauce pan, brown ground beef/turkey with the onion and green peppers until meat is cooked through, about 10-12 minutes. Add remaining ingredients, heat through (another 5 to 7 minutes), and serve.

* Indicates WIC eligible food items

