



# WIC NEWSLETTER

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**WIC Closings**

- Tuesday, July 4th, Independence Day
- Monday, September 4th, Labor Day
- Monday, October 9th, Columbus Day

## Farmers Market Coupons

June 1st began issuance of our annual Farmers Market checks! Each household is eligible to receive \$24 worth of Farmers Market coupons to purchase locally grown fruits, vegetables and herbs at participating markets. This year, families will also receive a reusable shopping bag to bring to the Farmers Market AND families that use ALL 6 of their Farmers Market coupons will be entered into a raffle to win 1 of 3 prize baskets! Please let a WIC staff member know once all your checks have been issued. Winners will be drawn in January 2018!

## Local Farmers Markets

Visit any of these local Farmers Markets and use your \$24 coupons!

- \* Ballston Spa, Wiswall Park, Thursdays from 3pm-6pm and Saturdays 9am-12pm
- \* Saratoga Springs, High Rock Park, Wednesdays from 3pm-6pm and Saturdays 9am-1pm
- \* Clifton Park, St. George's Church, Thursdays from 2pm-5pm
- \* South Glens Falls Village Park, Mondays 10am-1pm
- \* Gansevoort Village Park, Catherine Street, Tuesdays 3pm—6 pm
- \* Greenfield, Middle Grove Park, Fridays 4pm—7 pm

*Happy Retirement!*

*Please help us in congratulating Elois Fink on her retirement! Her last day will be September 29th. Elois has dedicated over 25 years to helping thousands of families! Her welcoming smile and warm heart will be greatly missed! She looks forward to volunteering and spending time with her husband, Ed and dog Teddie!*

## The Fresh Fruits and Vegetables of Summer!

### July

**Fruits:**

Berries, cherries, peaches

**Vegetables:**

Beans, broccoli, cabbage, cauliflowers, sweet corn, peas, cucumbers, lettuce, radishes, tomatoes, yellow squash, zucchini

### August & September

**Fruits:**

Apples, blueberries, melons, peaches, pears and plums

**Vegetables:**

Beans, beets, broccoli, cabbage, carrots, celery, sweet corn, cucumbers, lettuce, onions, peppers, potatoes, radishes, spinach, tomatoes, turnips

Remember: Wash all fresh fruits and vegetables with cold water before eating! Warm water may cause bacteria to grow and may wilt leafy vegetables! Do not use any sort of soap when washing produce. Put produce in a clean container after washing! Using the same container the produce came in will re-contaminate it!



# Breastfeeding Corner



## Celebrate World Breastfeeding Week

The 25<sup>th</sup> World Breastfeeding Week's theme in 2017 is about working together for the common good! World Breastfeeding Week is an annual celebration which is held every year from August 1<sup>st</sup> – 7<sup>th</sup> in more than 120 countries.

Please come and celebrate World Breastfeeding Week with the Saratoga County EOC-WIC and Northshire Bookstore on Saturday, August 5<sup>th</sup>.



Breastfeeding women 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. Volunteers from within the community host each location. 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.

**What:** Global Big Latch On and World Breastfeeding Week Festivities

**Where:** Northshire Bookstore, 424 Broadway, Saratoga Springs

**When:** Saturday, August 5, 2017 @ **10:15AM** for registration. Latch On occurs at **10:30AM sharp!**

## WIC Recipes

\* Indicates WIC approved foods

### Garden Fiesta Tuna Wraps

#### Ingredients

- 2 5-oz cans of chunk light tuna\*, drained
- 1 15oz can black bean\*, rinse and drained
- 3/4 cup corn\*
- 1 green bell pepper\* (Diced)
- 2 Tablespoons lime\* juice (fresh lime)
- 1/4 teaspoon salt
- 4 teaspoons chili powder
- 2 teaspoons garlic powder
- 6 whole wheat tortillas\*
- 1 medium carrot\*, diced
- 1 small red onion\*, diced



#### Directions

1. In a bowl, combine tuna with beans, corn, bell pepper, carrot and onion
2. Add in lime juice, vegetable oil, salt and spices
3. Mix thoroughly
4. Place 1 cup of tuna mixture into each tortilla

### Summer Stuffed Tomatoes

#### Ingredients

- 8 tomatoes\*, washed
- 2 peaches\*, washed
- 3 cucumbers\*, washed, peeled, seeded and chopped
- 2 ears of fresh corn kernels\*, washed
- 3 tablespoons vegetable oil
- 2 tablespoons lemon\* or lime\* juice (fresh lemon or lime)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup basil leaves\*, washed and chopped



#### Directions

1. Slice off tops of tomatoes and scoop out seeds
2. Chop the seeds and flesh of the insides of the tomatoes and place in a bowl
3. Add remaining ingredients to bowl
4. Divide equally and stuff in tomatoes

For more information about current happenings, please visit our website at <http://www.saratogaec.org> or like us on Facebook!