

WIC Newsletter—Summer 2019

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Farmer's Market Coupons are here!

It's that time of year again! Summer is here and so are the Farmers Market Coupons.

Each WIC participant 6 months and older will be eligible to receive five \$4 coupons to use at participating farmers markets.

The coupons can be used to purchase locally grown fruits and vegetables between June 1 and November 30. The selection of fruits and veggies will vary throughout the season depending on when they are ready for harvest.

Breastfeeding Corner

Join us for the 10th Annual
Global Big Latch On!!!

Saturday, August 3rd at 10:30 AM
Northshire Bookstore (arrive 30 minutes before to register):

424 Broadway, Saratoga Springs.

Please ask WIC staff for more information.



Summer Food Safety

—Keep perishable foods cool by transporting them in an insulated cooler with plenty of ice or frozen gel packs. Perishable foods include meat, poultry, seafood, eggs, dairy products, pasta, rice, cooked vegetables and fresh, peeled and cut fruits and vegetables.

—Raw meat and poultry may contain bacteria that cause foodborne illness. These foods must be cooked and held at temperatures either too hot or too cold for bacteria to survive and grow. Bacteria multiply readily between 40° F and 140° F.

—Remember to pack a food thermometer to check the doneness of meat. For example, burgers should reach an internal temperature of 160° F and chicken breasts, 165° F. Clean your thermometer with warm, soapy water after every use.

Source: Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture



Summer Holiday Closings:

Thursday, July 4th—Independence Day

Monday, September 2nd—Labor Day

Note: Saturday clinics will now be held, typically, on the second Saturday of the month instead of the first Saturday.



Summer Yummies

Greek Yogurt dip for Veggies:

Prep Time: 5 minutes

Total Time: 5 minutes

Ingredients:

- 2 cups (16 ounces) 2% Greek yogurt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons dried dill (can use fresh dill from the Farmers Market)
- ½ teaspoon salt
- Fresh ground white or black pepper
- Cut up fresh veggies*

Instructions: Add the Greek yogurt to a medium-size bowl and whisk in the garlic powder, onion powder, dried dill, salt and peppers. Transfer to a serving dish and serve with any vegetable you like.

Store any remaining dip in a covered container in the refrigerator. (Serving size: 2 Tbsp, makes 16 servings)

** Indicates WIC eligible food*

