



W I C *Tribune*

Onondaga County Health Department WIC Program Newsletter

Nutrition Spotlight: **Eat Healthy This Summer with Farm Fresh Fruits and Vegetables**

“Eat Healthy This Summer with Farm Fresh Fruits and Vegetables”
Now that spring has moved on, it is time for summer to move into the spotlight! Summer is the season when we are able to enjoy the great outdoors, and it is a time to enjoy all the fruits and vegetables that are grown by local farmers. During the summer it is good to be outside and stay active. In order to be active we need to be healthy, and a great way to stay healthy is by eating the right amount of fruits and vegetables each day. Fruits and vegetables are a great source of vitamins, minerals and fiber that may lower the risk of such illnesses as high blood pressure, diabetes and cancer. The new “MyPlate” message is for at least half of our plate to be filled with fruits and vegetables. “MyPlate” recommendations for daily intake of fruits and vegetables are:

- Children 2-3 years old: 1 cup of fruit and 1 cup of vegetables
- Children 4-5 years old: 1-1.5 cups of fruit and vegetables
- Women 14-30 years old: 2 cups of fruit and 2.5 cups of vegetables
- Women 31- 50 years old: 1.5 cups fruit and 2.5 cups of vegetables

These can be eaten as a snack or as part of a meal. Examples of a 1 cup serving size of fruits and vegetables are:

- 1 small apple, 1 medium pear or 1 large peach
- 1 cup chopped broccoli, 2 medium carrots, 1 large red pepper, or 1 large raw tomato.

WIC families are offered a way to buy fresh fruits, vegetables and herbs grown in New York State through the New York State Farmers Market Nutrition Program. Starting on June 1st and ending on November 15th, WIC participants can use the six \$4 Farmer’s Market checks they receive to buy fruits and vegetables from farmers at area

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Tidbit:

- *Fruits and vegetables are a great source of vitamins, minerals and fiber that may lower the risk of such illnesses as high blood pressure, diabetes and cancer.*

Farmers Markets. Farmers that take Farmers Market Checks will have a sign at their stand that states "We Gladly Accept New York State Farmers Market Checks". When using the checks, participants should use the whole value of the check since you will not receive change back. When participants receive their checks they will be given a folder that explains the program and has a list of Farmers Markets in Central New York that take these checks.

Some of the fruits and vegetables that can be bought with the checks include:

- Beans, broccoli, cabbage, carrots, peppers, sweet corn, potatoes (including white), fresh herbs, apples, blueberries, strawberries, plums, melons, pears and raspberries. They must all be grown in New York State.

Some items that can't be bought with the checks are:

- Apple cider, honey, syrup, eggs, baked goods, tropical fruits and citrus items (oranges, bananas)

Farmer's Market checks can be used all in one visit or can be used during different visits to the market, but the important thing to remember is that they expire on November 15th and all of the checks should be cashed.

When going to the Farmer's Market remember to bring the children along, it is a great place for them to learn about healthy fruits and vegetables. They may also learn about different foods that they may not have seen before. Tips:

- Fruits and vegetables should always be washed before serving.
- To help prevent choking cut fruit into small pieces, removing seeds and pits. Cook or steam vegetables to make them softer and easier to chew.

Enjoy the fresh fruits and vegetables that are offered during this great time of year to help you and your family stay healthy and active. Try the recipe ideas on the back page using fruits and vegetables bought with your Farmer's Market checks for a fresh summer meal!



WIC News

- Due to a change in WIC policy we are asking all WIC participants to bring income documentation for ALL household members to ALL WIC appointments.
- The WIC office will be closed Wednesday, July 4th for the Independence Day holiday and Monday, September 3rd for the Labor Day holiday.
- “Check out WIC on Facebook” at www.facebook.com/HealthyFamiliesOnondaga. The WIC Program posts a weekly message on the Wall of our Healthy Families Onondaga Facebook page. Make sure you go to our page, read our posting and “like” us!
- The WIC Program values your participation! Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- Join our group appointments at The WIC Program. Interact with your friends and neighbors and reduce your waiting times at your next clinic appointment. Please call the W.I.C. Program at 435-3304 to schedule your group appointment.
- You now only have to recertify your children once a year for WIC instead of twice a year! You will still have the opportunity to check on your child’s growth six months after the certification appointment when we do a health and nutrition update.
- We are now issuing Farmer’s Market checks that can be used beginning June 1st through November 15th. Please make sure that you use all of your six Farmer’s Market checks by November 15th. Your WIC Nutritionist will tell you how many Farmer’s Market checks you used last year. Your goal should be to use all six so that your family can enjoy locally grown fruits and vegetables this summer.
- The Farm Fresh Mobile Market will be at the W. Onondaga Street WIC site every Wednesday through September 26th from 2:00pm-5:00pm. Cash your Farmer’s Market checks or use your EBT card to purchase locally grown fruits and vegetables.
- The Bayberry Plaza Farmer’s Market is every Wednesday from 8am-5pm in the parking lot in front of Kinney Drugs.

Time is Money

Any time you save in the kitchen will make your life easier.

Try some of these ideas to save time and money in your kitchen:

- Collect quick and easy meal ideas and recipes. Write your meal idea on recipe cards and you have quick and easy ideas to grab. (It is too easy to forget a great meal idea if you don’t write it down!)
- Make a grocery list and plan meals for the week. It may take time to plan, but you will save time during the week when you have meals ready to make.
- Make double batches. Plan to have leftovers for tomorrow’s lunch or dinner. Cook once for 2 to 3 meals!

Here's What's Cooking

Wrap and Roll Lunches

Use whole grain tortillas* to wrap up a quick lunch or snack with your children.

Ham or Turkey Wrap: Spread the whole grain tortilla* with a little light mayonnaise. Add a slice of ham or turkey and a little cheddar cheese* (shredded). Roll up and heat in the microwave.

Veggie Wrap: Sprinkle cheddar cheese* (shredded) on a whole grain tortilla*. Heat in the microwave until cheese melts. Top with finely chopped broccoli*** and Tomatoes***. Roll up!

Peanut Butter Wrap: Spread peanut butter* on whole grain tortilla*. Add chopped banana* or strawberries***. Roll and eat.

* WIC food

** Farmer's Market Check

Your child deserves a healthy home!

The Onondaga County Lead Poisoning Control Program offers FREE home lead inspections to those who:

- Live in a rental house built before 1960 that has chipping or peeling paint, and
- Live in a rental house located in the City of Syracuse, and
- Are pregnant or have children under age 7 who live at or visit their home.

Protect your
child from
lead paint!

Call today to get
your home checked.
It's FREE!

435-3271

Onondaga County
Lead Poisoning
Control Program



Onondaga County Health Department WIC Program
375 West Onondaga Street, Room 12, Syracuse, NY 13202 • 435-3304



Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.

Joanne M. Mahoney, County Executive
Cynthia B. Morrow, MD, MPH, Commissioner of Health



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