



May 2018 Issue

WIC Program Newsletter

Office Hours

Monday, Tuesday,
Wednesday, and Friday:
8:00am – 4:15pm

Thursday:
8:00am – 6:15pm

Site Location & Dates

Hoosick Falls: 5/1 & 6/12
Stephentown: 5/18 & 6/15

Breastfeeding Support Group

Please join us for our breastfeeding support group! **Every third Thursday** of the month from 4:30pm – 6:00pm.

Troy Baby Café at CEO

Meet other breastfeeding moms and get breastfeeding help in a safe, relaxed environment
Wednesdays 12pm - 2pm

CEO's WIC Program

2328 Fifth Avenue,
Troy, NY 12180

Phone: 518-272-6159

Website:

www.ceoempowers.org/wic

* This institution is an equal opportunity provider.

Did you know June is National Fresh Fruits and Vegetables Month!

Fruits and vegetables are a key part of an overall healthy eating plan because they are typically high in vitamins, mineral, and fiber and low in calories and saturated fat.

How to Eat More Fruits and Vegetables

You can easily add color to every meal and snack. Try some of these practical tips that don't require a lot of changes to the way your family eats:

- Pack portable fruits and veggies in your work or school bag, and avoid vending machine temptations.
- Add frozen peas or broccoli to rice when it's almost done cooking.
- Add extra veggies to soups and stews.
- Work fruits and vegetables into your family's favorite dishes.
- Top yogurt, oatmeal and cereal with berries or sliced fruit

- Make fruit popsicles. Freeze 100% juice or pureed fruit in a tray or popsicle mold.
- Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
- Make it fun for kids to try new fruits and veggies. Let them pick out a new fruit or vegetable in the grocery store each week, and figure out together how to cook or prepare it.
- Keep a bowl of whole fruit handy on the desk, table or counter top.

Eating with the Season

Your recipes will taste even better with seasonal produce. Keep these tips in mind when using and shopping for seasonal produce:

1. Fresh foods are often less expensive during their harvest season.
2. Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
3. Gardening gives you fresh seasonal produce and a little exercise, too.
4. Frozen, canned, and dried fruits and vegetables can also be healthy choices.
5. Choose canned fruit packed in water or its own juice.



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Photo courtesy of <https://healthyforgood.heart.org/add-color/articles/how-to-eat-more-fruits-and-vegetables>

Eating with the Season Cont.....

6. Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fats.
7. Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

Budget Basics

By creating a food budget, planning menus and shopping wisely, you can save money and enjoy delicious, nutritious meals.

Plan Your Meals

Make fruits and vegetables a priority. When meal planning, start with the vegetables you want to serve and add your protein and whole grains from there.

Go meatless once a week. Skip the meat and make room for more vegetables! Whole grains and beans provide protein, and they're often more affordable and may

require less work to prepare. Burritos, tacos, soups and pasta dishes are family favorites that can easily be made meatless.

Buy fruits and vegetables in season. Seasonal produce is fresh and tasty, and it's often more affordable. Carrots, potatoes and green beans are versatile and readily available. Bananas, grapes, apples, and oranges are generally the most affordable fruits year round.

Make a List

Have a game plan. Before you go shopping, make a meal plan for the week, but be prepared to be flexible - you might encounter an unexpected sale item.

Inventory your pantry and freezer. Frozen and canned fruits and vegetables have lots of good nutrients without being too high in calories, and they generally last a long time without spoiling. Plus, they are great to have on hand when you're low on funds or don't feel like heading to the store.

Breastfeeding Support Group
May 17th
Every *third* Thursday of the
Month from 4:30pm – 6:00pm

Sources: "Add Color with Fruits and Vegetables." <https://healthyforgood.heart.org/Add-color/Articles/Celebrate-Fresh-Fruit-and-Vegetable-Month>, 29 Mar. 2018