

EXTRA! EXTRA!
WATERMELON IS WONDERFUL

Watermelon doesn't just look and taste wonderful; this summertime staple offers health benefits that will keep you coming back for more!



- Watermelon can help soothe sore muscles. It contains an essential amino acid that helps relax blood vessels and improve circulation.
- At only 84 calories per wedge, watermelon is a perfect low-calorie snack.
- Over 90% water, watermelon is a delicious way to help you stay hydrated.
- A 10-oz wedge of watermelon delivers 1/3 of your daily recommended vitamins A and C, and 9% of your potassium.
- Watermelon is one of the foods highest in lycopene, an antioxidant linked to the prevention and treatment of prostate cancer.

-www.news.nationalgeographic.com



**What to Bring to
Certification Appointments:**

- Person being certified
- WIC folder
- Proof of physical address
- Updated shot records for children under 3
- Proof of income for all household members for the last 30 days



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501
Phone: 208-799-0390
Fax: 208-799-0349

Moscow-Latah County

333 E. Palouse River Dr.
Moscow, ID 83843
Phone: 208-882-7353
Fax: 208-882-3494

Orofino-Clearwater County

105 115th Street
Orofino, ID 83544
Phone: 208-476-7850

Grangeville-Idaho County

903 W. Main Street
Grangeville, ID 83530
Phone: 208-983-2842

Kamiah-Lewis County

132 North Hill Street
Kamiah, ID 83536
Phone: 208-935-2124

WIC

NEWSLETTER

Summer 2016



The WIC Program is an equal opportunity provider.



Sandwich Art



In Season:

Summer

Purchase Fruits and Veggies that are in season for a lower price and better taste.

Apples	Cucumbers	Okra
Apricots	Eggplant	Peaches
Bananas	Figs	Peas
Beets	Garlic	Plums
Bell peppers	Grapefruit	Radishes
Blackberries	Grapes	Raspberries
Blueberries	Green beans	Strawberries
Carrots	Honeydew melon	Sugar snap peas
Cantaloupe	Kiwi	Summer squash
Celery	Lima beans	Tomatillos
Cherries	Limes	Tomatoes
Collard greens	Mangoes	Watermelon
Corn	Nectarines	Zucchini

August 1-7: Celebrate Breastfeeding!



WORLD BREASTFEEDING WEEK 2016
BREASTFEEDING
A KEY TO SUSTAINABLE DEVELOPMENT

Simple Summer Recipe:

Fresh Tomato Salsa

Great for make-your-own taco night or topping salads!

Ingredients:

- 1 cup tomatoes, finely chopped
- 1/2 cup apple, peeled and finely chopped
- 1/4 cup onion, finely chopped
- 2 Tbsp. lime or lemon juice
- 1 tsp. garlic, finely chopped
- 1/2 tsp. vegetable oil
- 1/4 tsp. salt



Optional:

- 1/8 Tbsp. fresh parsley or cilantro, chopped
- 1 Tbsp. cayenne pepper or jalapeno chilies, chopped

Directions:

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well.
2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve cold.

MYTH of the Season:

As long as it's 100% fruit juice, children should be able to drink as much as they want.

Although 100% natural sugar juice contains from fruit, it still needs to be limited. Too much juice can cause weight gain, tooth decay, poor appetite for healthier foods, and gas.



Most of the fruit in our diet should be whole fruit rather than juice. So, how much should we drink?

Infants: no juice



Children ages 1-6: 4 to 6 ounces per day

Older children/adults: 4 to 8 ounces per day

-New York State Dept. of Health

Breastfeeding Corner

Here's what local WIC moms are saying about breastfeeding: **It's Irreplaceable**

"I love breastfeeding because it gives my baby exactly what he needs from birth to however long you choose to breastfeed. I love that it changes as your baby grows. My son is 17 mos. and we have no end of breastfeeding in sight."

"It's good food nutrients for the body."

"Highly recommend! You won't regret it; the nutrients your baby will receive are phenomenal!"

"Breastfeeding is the way to go! I plan on doing it with all my kids; there are so many weird things in formula."

-www.whatscooking.fns.usda.gov