



# WIC Tribune

Onondaga County Health Department WIC Program Newsletter Spring 2017

## Nutrition Spotlight: Money Saving Shopping Tips

It is always good to plan before you go shopping. Having a plan will help you save money. Try using some of these tips as you plan your trips to the grocery store.

- Make a shopping list
- Look for sales
- Buy local
- Choose store brands
- Buy foods that are in season
- Eat before you shop
- For work or outings, plan to pack your own snacks and meals



## Farmers Market Checks coming June 1st!



Visit us at  
[facebook.com/OnondagaWIC](https://facebook.com/OnondagaWIC)

Don't forget to cash your  
WIC checks. Using WIC  
checks at the grocery  
store will save you  
money!

## WIC News

- For every WIC appointment you must have your WIC ID or photo ID.



- If you or your child is being enrolled on WIC or recertified, call ahead to make sure you have everything you need to bring to your WIC appointment.
- Please call our office at 435-3304 if your phone number or address changes so that we can contact you for appointment reminders.
- If you come to your WIC appointment before your scheduled appointment time we cannot guarantee that you will be seen early.
- Please call the WIC office if you cannot make your WIC appointment, so that this time can be offered to another WIC family.

Check it out!

**wic**strong.com

**WIC Clinic and Office will be  
closed :  
Monday, May 29, 2017**

# Here's What's Cooking



## Banana in a Blanket

1 Serving

### Ingredients:

1 (6 inch) whole wheat tortilla\*

1 banana\*

1 Tablespoon creamy peanut butter\*

1 teaspoon maple syrup (optional)

1 Tablespoon WIC cereal\*, crunch nugget type or other variety

\*WIC foods

Source: Cook it Quick Newsletter, Alice Henneman, MS, RDN

### Instructions:

1. Lay tortilla on a plate
2. Spread peanut butter evenly on tortilla
3. Sprinkle cereal over peanut butter
4. Peel banana and place on tortilla
5. Drizzle maple syrup on banana (optional)
6. Roll the tortilla up



## Upcoming Rabies Shot Clinics

Thursday, May 4, 5:00 pm - 7:00 pm.

Clay Highway Garage, 4483 Route 31, Clay

Thursday, May 18, 5:00 pm - 7:00 pm.

SPCA, 5878 East Molloy Road, Mattydale

Thursday, May 25, 5:00 pm - 7:00 pm.

NBT Bank Stadium (Lobby), 1 Tex Simone Dr, Syracuse

Thursday, June 1, 5:00 pm - 7:00 pm.

Camillus Town Hall, 4600 W. Genesee Street, Syracuse

Thursday, June 8, 5:00 pm - 7:00 pm.

Meachem Ice Rink, 121 W. Seneca Turnpike, Syracuse