



wic Tribune

Onondaga County Health Department WIC Program Newsletter **Summer 2017**

Nutrition Spotlight:

It's WIC Farmer's Market Season!

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.

Did you know?

- There are several farmer's markets in Onondaga County.
- To look for the "We Accept Farmer's Market Checks" sign. If you don't see one, always ask the farmer if they accept the WIC Farmer's Market Checks.
- You can use all 6 checks at the same time.
- Anyone can shop and use the checks for you.
- Checks can be used anytime between June 1st to November 30th.



Don't forget to use your Farmers Market Checks!



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



Great News!

Coming Fall 2018. WIC will be switching from paper checks to payment (EBT) cards.



Call WIC if you cannot make your WIC appointment

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Please call our office at 315.435.3304 if your phone number or address changes



WIC Clinic and Office will be closed :

Tuesday, July 4th
Independence Day

Monday, September 4th
Labor Day



"Like" us to get up-to-date program information, tricks from moms for moms, picky-eater-approved recipes featuring WIC foods and more!

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Here's What's Cooking



Zucchini Pizza Bites

Makes 40 tiny pizzas

Ingredients:

- 2 - medium-size zucchini* (trimmed)
- 1 tablespoon - olive oil (or Olive oil cooking spray)
- $\frac{3}{4}$ cups - tomato sauce* or marinara sauce (jarred or homemade)
- 1 cup - shredded part-skim mozzarella* (4 ounces)
- *WIC Foods



Instructions:

1. Set a rack in the highest part of the oven. Turn the oven on and set it to broil. Cover the baking sheet with aluminum foil.
2. Cut each zucchini into rounds about $\frac{1}{4}$ inch thick. You should get about 20 rounds from each.
3. Spread the zucchini rounds in one layer on the baking sheet and lightly coat them with cooking spray (or use a pastry brush or paper towel to brush them with the olive oil). Turn all the pieces over and spray (or brush) again. Put the baking sheet in the oven and broil the zucchini until the rounds begin browning, about 3 minutes.
4. Carefully turn the zucchini over and top each piece with 1 teaspoon sauce and 1 heaping teaspoon cheese. Broil until the cheese is melted, about 1 to 3 minutes, taking care not to burn it. Remove the baking sheet from the oven and cool for a minute or two, then serve right away.

From: Chop Chop Magazine

Close the Window on Childhood Lead Poisoning

A common source of childhood lead poisoning is lead paint and lead dust found in older homes. Lead dust is formed when the paint wears down by opening and closing windows and doors, chips or peels, or is created by home repairs. Lead dust cannot be seen. Young children are at higher risk because they put their hands and toys in their mouth. Lead poisoning can cause learning, growth, and behavior problems.

Let's close the window on childhood lead poisoning. Contact the Onondaga County Health Department to find out if:

- Your child needs a lead test,
- Your home is eligible for a **FREE** lead inspection, or
- Your family is eligible for financial help with home lead repairs.

Call 315-435-3271, visit our website at www.ongov.net/health/lead, or email us at LeadFreeKids@ongov.net.

