

 **In Season: Spring**

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

- | | |
|----------------|--------------|
| Apples | Green beans |
| Apricots | Honeydew |
| Artichokes | Lettuce |
| Asparagus | Mushrooms |
| Bananas | Onions |
| Bell peppers | Oranges |
| Broccoli | Papaya |
| Cabbage | Peas |
| Cantaloupe | Pineapple |
| Cauliflower | Radishes |
| Celery | Rhubarb |
| Collard greens | Spinach |
| Corn | Strawberries |
| Cucumbers | Swiss chard |
| Garlic | Turnips |
| Grapefruit | |



What to Bring to Certification Appointments:

- Proof of current physical address
- Proof of income for the last 30 days for everyone in the home
- WIC Folder
- Current shot records for children under 3
- Clean diaper
- Person being certified

Public Health Office Locations



LEWISTON, ID
Nez Perce County
215 10th Street 83501
208.799.3100



MOSCOW, ID
Latah County
333 E. Palouse River Drive 83843
208.882.7506



OROFINO, ID
Clearwater County
105 115th Street 83544
208.476.7850



KAMIAH, ID
Lewis County
132 N. Hill Street 83536
208.935.2124



GRANGEVILLE, ID
Idaho County
903 W. Main 83530
208.983.2842

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03-16-2018



Public Health
Idaho North Central District

WIC
NEWSLETTER
SPRING 2018

Serving Idaho: Clearwater County, Idaho County, Latah County, Lewis County, and Nez Perce County



PREVENT PROMOTE PROTECT



SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN

March is National Nutrition Month



Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This annual event reinforces the importance of developing sound eating and physical activity habits.

Go Further with Food, the theme for 2018, encourages us to achieve the numerous benefits healthy eating habits offer, while also urging us to find ways to cut back on food waste.

WALK-IN WEDNESDAYS

(Lewiston Only) no appointment needed

8:30 am to 4:30 pm

What to Bring to Walk-In Wednesday:

- Those participating on WIC
- WIC folder
- Proof of physical address

*Service is on a first-come, first-serve basis

*Wait times may vary

The WIC Program is an equal opportunity provider.

Container Gardening 101

Do you have limited space to grow a garden?

You can grow a garden anywhere using a container.

1. **Find a container** - make sure that it is waterproof.
(See below for tips on picking out a container)
2. **Fill your container** 3/4 of the way full of soil.
3. **Plant your seeds**, using 2 to 3 seeds for every plant you want to grow (be sure to read the seed packet for how deep to plant the seed)
4. **Gently water your plant** until the soil is moist and place it in a spot that gets sun for at least half the day. Water your plant when the soil gets too dry.

Picking out a Container

Radishes, beets, Swiss chard and turnips: use a container that is 6-8 inches deep like a large cottage cheese container, large soup can, bottom of a small milk jug (cut off top) or plastic peanut butter jar.

Green beans (bush), cabbage, cucumbers (bush), eggplant, garlic, herbs, lettuce, onions, peas, peppers and spinach: use a container that is 8-10 inches deep like a large coffee can, bottom of a gallon milk jug, gallon ice cream container or large plastic jar.

Broccoli, cauliflower, zucchini: use a container that is 10-12 inches deep like gallon size food cans, bottom of a gallon milk jug or an old tire lined with a plastic trash bag.

Green beans (vine), carrots, corn, cucumbers (vine), melons, potatoes, fall squash and tomatoes : use a container that is 12 or more inches like an old bucket, a five gallon plastic container or a stack of 2-3 old tires lined with a plastic trash bag.

Prepare your container: by washing it with soap and water. Then wash with diluted bleach (1 tablespoon bleach to 1 gallon of water). Rinse clean a few times before filling with soil and seeds.

Recipe Corner

Yummy Oven-Roasted Asparagus!

Ingredients

- 1 bunch snapped asparagus spears
(see picture below)
- 3 tablespoons olive oil
- 1.5 tablespoons grated parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon lemon juice (optional)

OVEN-ROASTED ASPARAGUS

Directions

- Preheat oven to 425 degrees
- Place the asparagus into a mixing bowl and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt and pepper. Arrange the asparagus onto a baking sheet in a single layer.
- Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

