

## Tomatoes Are Terrific!

### Did you know?

Tomatoes are full of Vitamin C, Vitamin A and lycopene. Lycopene can even reduce your risk of several cancers.

### How to Choose

- Look for bright, shiny skins
- Choose, heavy, firm tomatoes
- No wrinkled skin or soft spots

### How to Store

- On the kitchen counter, out of the sun
- Not in the refrigerator
- Use within 1 week of ripening

### How to Eat

- As a snack or on salad-cut cherry and grape tomatoes in half for young children
- Chopped in salsa, burritos, tacos, casseroles, soups, crock pots or tomato sauce
- Sliced in sandwiches or on pizza



**Public Health**  
Idaho North Central District



### Lewiston-Nez Perce County

215 10th Street  
Lewiston, ID 83501

**Phone: 208-799-0390**

### Moscow-Latah County

333 E. Palouse River Dr.  
Moscow, ID 83843

**Phone: 208-882-7506**

### 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**



## NEWSLETTER

Summer 2020



◇ **WIC has always had  
your family's health &  
safety in mind**

WIC is open during the COVID-19 outbreak & eWIC benefits are still available for families.

Just call your local WIC clinic — we have lots of appointment options to make WIC work for your family.

The WIC Program is an equal opportunity provider.

## Vegetables: “The Original Fast Food”

Eating plenty of veggies this summer can be quick and easy. Try this:

**Keep them on hand**– Pull some raw, cut up veggies out of the fridge during snacks, meals or on the go– serve with low fat dip.

**Get kids involved**– Let kids help choose veggies at the store or farmers’ market. Pick a new color each shopping trip.

**Slow and steady**– It may take up to 10 tries before a child likes a new food. Buy one small, new veggie each shopping trip.

**Colors and shapes**– Steam or microwave for just a few minutes to keep colors bright. Cut them into fun shapes, rename them & be sure to role model eating your veggies.

## Summer Hydration



Please don't forget to drink plenty of water this summer! Here are some tips to help you hydrate your family:

- Keep kids’ water bottles in the fridge or freezer– grab them when you go out for errands or outdoor fun
- Add slices of oranges, lemons, limes, cucumbers, mint, or berries for flavor & fun
- Make juice ice cubes to add to water
- Try seltzer water
- Always keep a pitcher in the fridge

## Choose Fresh!

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



### Summer :



Apples	Cherries	Okra
Apricots	Corn	Peaches
Avocados	Cucumbers	Plums
Bananas	Eggplant	Raspberries
Beets	Garlic	Strawberries
Bell Peppers	Green beans	Summer - squash
Blackberries	Honeydew - melon	Tomatillos
Blueberries	Lemons	Tomatoes
Cantaloupe	Limes	Watermelon
Carrots	Mangos	Zucchini
Celery		

## Breastfeeding Corner

WIC wants you to help you meet your breastfeeding goals!

Many pregnant women worry about being able to breastfeed & many mother experience breastfeeding challenges

While we try to provide all the breastfeeding education a new mother needs & love to answer breastfeeding questions WIC also has a great breastfeeding website.

Go to: <https://wicbreastfeeding.fns.usda.gov/>

HOW TO

## PARTICIPATE IN SUMMER MEALS



Our local school districts are already feeding ALL children under the age of 18 for FREE

Lewiston has Grab & Go meal sites at Jenifer Junior High, Sacajawea Junior High & McGee Elementary School & bus meals routes—

<https://www.lewistonschools.net/blog/2020/03/31/lunch-delivery-routes/>

Moscow has meal pick ups sites at West Park & Lena Whitmore schools & bus meals routes—

<https://www.ms281.org/meals>



Orofino has meal pick up site at Orofino Elementary school & bus routes

<http://www.sd171.k12.id.us/>



Contact your closest school district for information about their meal program. Many are offering bus route delivery.