

HOW TO
**PARTICIPATE IN
SUMMER MEALS**



2022 Summer Food Program

Free meals for ALL children
ages 1-18 years

Lewiston serves breakfast at

- Jenifer Junior High
Monday—Friday 7:30 —8:30am

Lewiston serves lunch at

- Orchards Elementary School
- Centennial Elementary School
- Jenifer Junior High
Monday—Friday 11am—12:15pm

Moscow serves lunch at

- Lena Whitmore school
Monday—Friday 11am—12:30pm

Contact your closest school district for
information about their summer food
program.



Public Health
Idaho North Central District



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501

Phone: 208-799-3100

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 2022



Breastfeed now!

Has the formula shortage made you
want to breastfeed?..Call WIC for help!

The WIC Program is an equal opportunity provider.

Water Play—Water Fun

If your child loves water, keep them cool this summer by...

- ◆ Watering plants
- ◆ Running through sprinklers
- ◆ Splashing in backyard pool
- ◆ Painting with water
- ◆ Washing toys with sponge
- ◆ Predicting if toys will sink or float

Water to Drink



Sports drinks with

electrolytes do NOT hydrate better than water.

Children don't need sports drinks.

Experts agree: **drink water for thirst**, and don't spend money on sports drinks.

Sports drink brands, such as Gatorade and PowerAde, advertise the ability to replace electrolytes lost in sweat. However, the 21 grams of sugar and 80 calories in sports drinks is not a healthy way to quench your family's thirst.

Our bodies are more than 50% water—so keep your children hydrated with water!

Choose Fresh!

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



Summer :

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

Shopping at your local Farmer's Market can benefit your family with the freshest produce without growing a garden...



Latah County

Moscow Farmer's Market on Main Street

Saturdays May—October 8am – 1pm

Community Market at Latah Fairgrounds

Tuesdays June—September 4-7pm

Latah Farmer's Market at Troy City Park

Saturdays June—October 9am –1pm

Latah Farmer's Market at Potlatch Depot

Wednesdays July—September 4 –7pm

Lewiston & Clarkston

Lewiston Farmer's Market at CHS Primeland
Saturdays June—September 8am –noon

Clarkston Farmer's Market at Beachview Park
Thursdays June—September 5-8pm

Clearwater County

Orofino Farmer's Market at City Park
Tuesdays June—October 11am - 3pm

Weippe Farmer's Market at mini park
Fridays July—September 3-5pm

Lewis County

Long's Camp Farmer's Market
Saturdays April—October 9am—1pm

Kooskia Farmer's Market at City Park
Thursdays June—September 10am—2pm

Idaho County

Grangeville Farmer's Market at Pioneer Park
Saturdays June—October 9am—1pm

White Bird Farmer's Market
at Confluence Resort Wednesdays
June - September 7am—7pm