Healthy Summer Eating Tips

- Maintain a daily meal routine. Offer 3 meals and 1-3 healthy snacks per day.
- Offer water frequently throughout the day to keep children hydrated. Consider adding fruit to water, such as strawberries, watermelon, lemon or oranges for a fun refreshing twist.
- Try keeping only healthy foods in the house. Healthy snack ideas include fruits, vegetables, yogurt, hummus, hard boiled eggs, whole wheat toast with peanut butter, etc.
- Plan family fun around physical activity such as swimming, hiking, and cycling.

Berry Banana Popsicles

**Ingredients**

- 1 cup of strawberries, diced
- 1 medium banana, diced
- 2 cups of non-fat yogurt (plain or vanilla)

*(all ingredients are WIC approved foods)*

**Directions**

1. Stir all ingredients together in a medium bowl
2. Pour mixture into popsicle molds
3. Freeze for at least 6 hours
4. Run molds under hot water until popsicles are easy to remove

**Tips**

- Use small paper or plastic cups and wooden sticks if you cannot find popsicle molds. Try with blackberries, blueberries, cherries, raspberries, or any fruits you would like.
Farmers’ Market Coupons have arrived!

Call the WIC office at (518) 565-4830 for information on receiving your coupons.

Breastfeeding during COVID—19

- Breastfeeding is still recommended and considered the best source of nutrition for most babies and provides protection against many illnesses.
- Coronavirus disease is not likely to be passed through breastmilk.
- If you are experiencing common symptoms or have been diagnosed with the virus it can still be safe to breastfeed with extra precautions, such as wearing a mask while nursing and making sure to wash your hands before touching your baby.
- Speak with your health care provider if you have any questions or concerns.

World Breastfeeding Week 2020
(August 1st—August 7th)

Breastmilk is good for the environment as packaging, labels and bottles are not needed, and there is no waste.

Breastfeeding exclusively at the breast means no energy is wasted cleaning bottles, which saves water and soap.

Renewable Resource: Natural resource that is unlimited and is able to replenish (refill) quickly.

Examples: water, sunlight and wind power.

Breastmilk is free, natural and the body continues to produce more making it a great renewable resource!

Check in with us by the end of July to see if any events will be taking place to celebrate World Breastfeeding Week!