

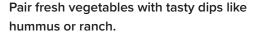




LESSON:
ENJOY MORE LOCAL
PRODUCE WITH FARMERS
MARKET BENEFITS

WIC Farmers Market Nutrition Program:
Try something new at the
farmers market!

Expand your variety of fruits and vegetables in meals and snacks. Begin with some of the ideas below!





- carrots
- cauliflower
- celery
- cucumbers
- peppers



Skip sugary drinks and make your own healthy fruit or vegetable-infused water.



- blackberry and sage
- cucumber and mint
- strawberry and basil

You can add fresh-cut herbs for extra flavor! Use any fruit, other than bananas.

### Look for produce you can grill:

- Vegetables: asparagus, carrots, mushrooms, garlic, onions, peppers, tomatoes, zucchini
- Fruits: apples, peaches, pears

It's easy! Just use a skewer and brush a little butter or oil on them to keep them from drying out.

### Upgrade your usual sandwich or wrap with:

- lettuce
- onion
- spinach
- tomato

Add shredded carrot, lettuce, onion, and celery to tuna and chicken salad sandwiches.





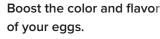


# **WIC Farmers Market Nutrition Program:** Try something new at the farmers market!

Add fruit to your cereal, oatmeal, pancakes, or yogurt.

## Try with:

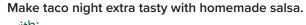
- blackberries
- blueberries
- cherries
- marionberries
- raspberries
- strawberries



# Try with:

- bell peppers
- garlic
- kale
- mushrooms
- onions
- spinach

Simply chop and add them to the egg as they cook or make veggie egg muffins!





### LESSON: **ENJOY MORE LOCAL PRODUCE WITH FARMERS MARKET BENEFITS**

#### Take this lesson to learn:

- · How to choose fresh, locally grown produce.
- Tips to get your family excited about eating fruits and vegetables.

Learn More with wichealth Lessons!

**SCAN** 



- OR -

#### To Get Started:

- Visit wichealth.org
- Choose Sign up
- Enter your information

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**WIC** participants can use their farmers market benefits June 1 through October 31.

