

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!

Pair fresh vegetables with tasty dips like hummus or ranch.



Try

- broccoli
- carrots
- cauliflower
- celery
- cucumbers
- peppers



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



Try

- 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.





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

* Try with:

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



Boost the color and flavor
of your eggs.

* 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!

Make taco night extra tasty with homemade salsa.

* Try with:

- fresh-cut cilantro
- onions
- peppers
- tomatillos
- tomatoes

These are great
additions to fajitas
and quesadillas too!



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



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!

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— OR —

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- Visit wichealth.org
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