

The Farmers Market Season is Here!

Visiting the farmers market encourages a healthy lifestyle, you are surrounded by fruits and vegetables. Make a trip to the farmers' market a family outing. Teach your children to buy locally grown food to help the environment. Here are ways to make your trip to the farmers' market fun and successful.

1. Buy what is in season. When fruits and vegetables are in season, the farmers pick them at their peak, which means they will taste their best.
2. Play I spy or have a scavenger hunt with your children. Ask them to find a certain color or produce. This makes children more aware of different varieties of fruits and vegetables.
3. Let your children touch, smell, see all different types of food. It's a great sensory experience.
4. Ask your children to pick out a "new" food to try. Getting children involved in shopping will encourage them to try food.
5. What's for dinner? Plan ahead to purchase the fruits and vegetable you will need for the week. Fond du Lac WIC has a great Pinterest page, filled with recipes.
6. Ask the farmers questions. When did you pick this? Can I eat it today? How long does it take to grow? Are just a few examples of questions farmers could be asked.
7. Bring a bag to carry your produce. Reusable bags are good for the environment and some farmers may not have bags available.
8. Going to the market early will give you the best selection and less chances for items to be sold out. However, going towards the end, the farmers may be willing to give you a deal so they don't have to take as much home.
9. At the Downtown Fond du Lac Farmers Market, you are able to use FoodShare and/or credit/debit cards. You will be given tokens to use to pay for your produce.
10. Remember to bring your WIC Farmers Market checks. This year, WIC provides \$30 to use to buy fresh fruits and vegetables.

The Downtown Fond du Lac Farmers Markets are:

Saturdays

May 12 through October 27, 2018

8 a.m. to Noon

Main Street

(Sheboygan Street to Western Avenue)

Wednesdays

June 6 through September 26, 2018

11 a.m. to 3 p.m.

Main Street Plaza

(at Main Street and Sheboygan Street)

Watson Street Farmers Market-Ripon

Tuesdays

June 5 through October 30, 2018

4 p.m. to 7 p.m.

Saturdays

June 2 through October 27, 2018

7 a.m. to Noon

Village Green

(intersection of Watson and Seward Street)

Healthy Summer Grilling

As the weather gets nicer, more people will be outside doing their favorite activities, including **cooking outdoors**. Luckily, Wisconsin growing season is in full swing and that means there will be plenty of fresh fruits and veggies available in stores and at farmer's markets. Buying these fruits and veggies is a great way to improve your health and support your local businesses.

- Aim for eating 5 servings of veggies and 4 of fruit each day (1 serving is a half cup).
- The following tips may help increase how much fruit and veggies you eat every day.

Stepping into the produce section of the store or walking through a busy farmer's market can be a scary task. So many options, and what do you do with that squash once you get it home?! Many fruits and veggies can be prepared with your meats on the grill, stove, or in the oven. You can also eat many of them raw after a quick wash.



WI STATE STATUTE

253.16 A mother may breastfeed her child in any public or private location where the mother and child are otherwise authorized to be. In such a location, no person may prohibit a mother from breastfeeding her child, direct a mother to move to another location to breastfeed her child, direct a mother to cover her child or breast while breastfeeding, or otherwise restrict a mother from breastfeeding.

Breastfeeding Corner

Breastfeeding in the summer season can be a challenge, here are some tips to help you beat the heat with your little!

- Stay hydrated! Pick up a convenient water bottle to reuse! Don't like plain water? Try adding some fresh fruit such as strawberries and lemon, or cucumbers and lime!
- Wear light clothing-nursing tops, sun dress, etc. Breathable clothing for baby such as a onesie
- Find shade when possible! Especially for young children who cannot wear sunscreen just yet!
- Frequent breaks-take a break and head inside if there is A/C or a fan
- Pack a light blanket (swaddle blanket) to use between you and baby so you are not hot and sticking to each other.
- Bring snacks! We all know how hangry momma can get, Embrace the public breastfeeding movement. Not all mommas are ready or comfortable nursing in public, but we can all embrace it and encourage moms when seeing them do so.

Ready to embrace the movement? Summer can be a great time to exercise your breastfeeding rights!

