

WIC HIGHLIGHTS

April 2024

Celebrate Earth Day Every Day

Do you know about one-third of all food in the United States goes to waste? Although Earth Day falls on April 22nd, we can take steps every day to keep the environment healthy. Take action and include these simple tips at home to minimize food waste.

Shopping Tips

Plan your meals in advance and shop from a list. Buy items as you need them and look for longer use-by dates, when possible. Be creative with leftovers to avoid throwing food away.

Storage Tips

Storing fruits and vegetables correctly will help them last longer and taste better. Store leafy greens, carrots, cucumbers and broccoli in the high humidity drawer of the refrigerator. Store fruits and other vegetables that tend to spoil quickly in the low humidity drawer. Bananas, apples, pears and avocados release a gas as they ripen, ripening other produce stored near them. Store these away from other produce. Potatoes, onions, squash and garlic should be stored in a cool, dry and dark place. Lastly, wait to wash berries until you are ready to eat them.

Even with good planning, you will still have food scraps. Solar digesters are an earth-friendly way to recycle food waste. Want to learn more? Scan the QR Code.



CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: nywic@clintoncountyny.gov

Web: www.clintonhealth.org/wic



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Kiwi Strawberry Spinach Salad



Ingredients

- 1 bag of baby spinach (6-10oz)*
- 1 kiwi*
- 1/3 cup strawberries, sliced*
- 1/4 cup red onion, sliced*
- 4-5 Tbsp. of poppy seed dressing

****WIC approved ingredients***

Instructions

1. Wash, dry and slice strawberries.
2. Peel and slice kiwi.
3. Slice onion.
4. Add fruits and vegetables to a large mixing bowl and stir.
5. Coat salad in dressing and serve.