

WIC HIGHLIGHTS

May 2024

Ready, Set, **Grow**

Gardening has more benefits than just homegrown produce. It's great exercise too. Here are some tips to be a gardening guru.

Grow Your Own

Growing your own produce can:

- lower grocery costs
- increase vegetable intake
- promote physical activity
- improve access to fresh foods
- reduce stress

Homegrown produce can be richer in vitamins and minerals compared to store-bought. They often taste better, too!

Stay Protected

Wear gloves and shoes to protect yourself from irritants and cuts from plants, stems, insects and dirt. Wear long sleeve clothing and a wide-brimmed sun hat for skin protection. Apply sunscreen with a SPF of 30 beforehand.

The Dirty on Dirt

Soil can contain harmful bacteria like E. coli and Salmonella. Be sure to thoroughly **wash all produce** from your garden before eating. Soak soft produce in cool water and rinse. Scrub firm vegetables like carrots, potatoes and zucchini before peeling or eating.



Scan the QR code for first-time gardening tips.



The WIC office has herb and vegetable seeds. Stop in and pick some up!



CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: nywic@clintoncountyny.gov

Web: www.clintonhealth.org/wic



This institution is an equal opportunity provider.

Green Cobb Salad



Ingredients

- 1 & 1/2 cups spring mix salad*
- 1/2 tomato, sliced*
- 1 avocado, peeled, pitted and sliced*
- 1/4 cup pickled onion or fresh red onion*
- 1 hardboiled egg, peeled and chopped*
- 1/3 cup cooked chicken, chopped into small pieces or shredded
- 2 Tbsp. avocado ranch dressing (optional)
- 1-2 Tbsp. chopped bacon (optional)

****WIC approved ingredients***

Instructions

1. Wash and cut produce items.
2. Add lettuce to your bowl.
3. Add chicken, tomato, onion, egg, avocado and chopped bacon.
4. Serve with avocado ranch dressing or your favorite salad dressing.