



Fresh starts

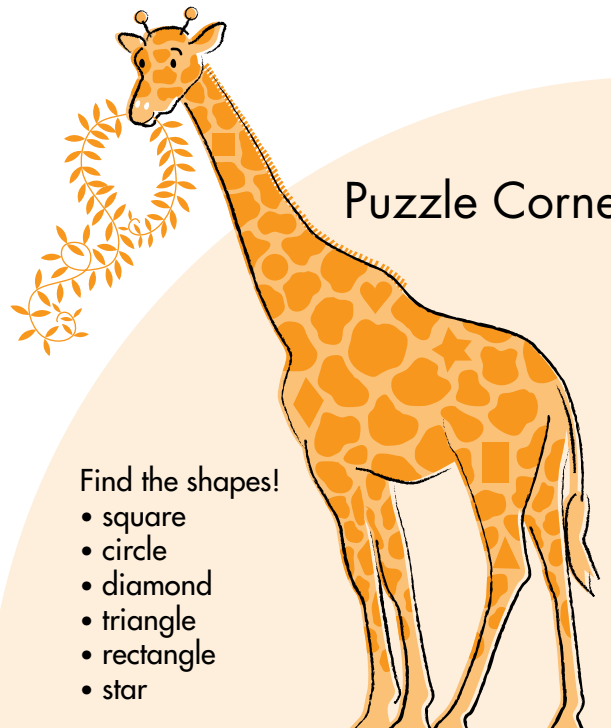
## Don't let it go to waste

Did you know that 40% of food produced in the U.S. goes to waste and 25% of the food that we buy ends up getting thrown out? For a 4-person family, that can equate to as much as \$1500 per year lost on food waste.

### Here are some tips to start thinking smarter about food waste:

- Plan ahead and shop smart — see what's already in your refrigerator and cupboard and check your WIC food balance before going to the grocery store.
- Check dates on foods at the store to choose the freshest products, including eggs, milk, yogurt, and bread.
- Store foods so they stay fresh as long as possible and use up older and more perishable items first.
- Freeze foods if you won't have time to eat them before they expire.
- Remember that "sell-by" dates usually refer to best quality, and not always food safety.
- Repurpose leftovers — pack leftovers for lunch; make a soup with leftover vegetables, grains and proteins; or blend up a smoothie with overripe fruits.
- Consider composting food scraps.

For more ideas on how to cut your food waste, visit [www.choosemyplate.gov/lets-talk-trash](http://www.choosemyplate.gov/lets-talk-trash) and find tips for meal planning, food storage, recipes and more at [www.savethefood.com](http://www.savethefood.com)



Puzzle Corner

Find the shapes!

- square
- circle
- diamond
- triangle
- rectangle
- star



## Radical root vegetables

As the temperatures cool off, the variety at the farmers' market starts to go down. However, there is a whole category of vegetables that peaks in the fall: root vegetables. These starchy superstars range from sweet to savory and make a perfect side dish for almost any meal.

Better yet, they are packed with health benefits too! Root vegetables are full of vitamins and nutrients your body needs to stay healthy. They are also a great source of fiber, which promotes digestion and fullness. Toss roasted root vegetables into pastas, stir fries, soups or enjoy on their own.

Root vegetables can be stored at room temperature and last for a long time. When in season, root vegetables are especially affordable so you can get a lot of bang for your buck. Check out your local farmers' market and try some new root vegetables this fall — beets, parsnips, rutabaga, turnips to name just a few.

## Rainbow Roasted Roots

Serves 10

Switch out different root vegetables if you don't have all these vegetables on hand. Leftovers can be reheated or used in a soup.

- 1 cup Brussels sprouts, halved
- 2 sweet potatoes, cubed
- 2 russet potatoes, cubed
- 3 carrots, peeled and chopped
- 3 parsnips, peeled and chopped
- 2 beets, peeled and cubed
- 2 Tbs. olive oil
- 3 Tbs. fresh basil, thyme and/or rosemary, chopped (or 3 tsp. dried herbs)
- Dash salt & pepper

Preheat oven to 400°. Place Brussels sprouts, sweet potatoes, russet potatoes, carrots, parsnips and beets on a large baking sheet.

Drizzle vegetables with olive oil. Sprinkle the chopped herbs evenly over the vegetables and top with a dash of salt and pepper. Mix all ingredients together.

Bake until root vegetables are fork-tender, about 35–45 minutes. Let cool for 3–5 minutes before serving.

Nutrient analysis per serving: calories 120; protein 2 grams; carbohydrate 22 grams; fat 3 grams; sodium 170 milligrams, fiber 4 grams.

## Farm to Family coupons left?

Remember to use your Farm to Family coupons before they expire on October 31. Some farmers' markets close in late September. Stock up on apples, winter squash, and more! Cook and freeze your favorites to enjoy into the winter.

## Stay connected to WIC!

By sharing your cellphone number and email address with your WIC local office, you can stay connected. WIC offers nutrition messages, appointment and nutrition activity reminders by text. Find fun nutrition activities in your area on the Vermont Department of Health calendar — [healthvermont.gov/media/calendar](http://healthvermont.gov/media/calendar) and find lots of information about WIC too — [healthvermont.gov/wic](http://healthvermont.gov/wic). WIC is here for your family until your child turns 5.



## Ask Dr. Lewis First

**Q: What is one of the best way to keep my child healthy as we enter colds season?**

**Dr. First:** Parents have been asking me what I could recommend to keep their children healthy. I always answer hand washing. That's right: hand washing.

Your child is exposed to all kinds of germs all day, every day. An infection can last for days after they touch a playmate, share toys, or pet their dog or cat. If their hands then touch their eyes, nose, or mouth, an infection can result. And it can last for days, weeks, or even longer. But with handwashing, the spread of these germs can stop and your child can remain healthy.

How often should a child wash his or her hands? Here are my recommendations:

- Before meals
- After using the bathroom
- When coming in from outdoors
- After playing with the family pet

After sneezing, coughing, or being with someone else who is doing the same thing

Proper way to wash hands: Lather up the hands with soap and water for at least 10–15 seconds. That's how long it takes to sing the Happy Birthday song nice and slow. Make sure to rub and scrub between the fingers, under fingernails and on both sides of the hands and wrists.

Dry the hands with a clean towel, ideally a disposable one. If possible, use a paper towel to turn off the faucet. Don't use the same damp cloth or hand towel to wash or dry everyone's hands. If you do, germs will spread from one child to another.

If lots of children need their hands washed, consider supervised use of an alcohol-based hand sanitizer instead. Supervision is a good idea so children don't lick or drink the potentially dangerous chemicals in the sanitizer.

When your child has a cold, remind them to cough or sneeze into their sleeve. If they use any tissues, they should throw them away after using them.

Hopefully tips like this will wash away any doubt you may have about the importance of good handwashing for your entire family.

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## WIC Newsletter • Fall



Autumn carries more gold  
in its pocket than all the  
other seasons.

~Jim Bishop

## WIC Newsletter • Fall 2018

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