



## Summer's bounty

### Eat local with Vermont Farm to Family

Farmers' markets are a great way to enjoy eating local veggies and fruits, especially in the summertime. The Vermont Farm to Family Program provides WIC participants 6 months and older with free coupons to use for fresh, local vegetables and fruits from participating farmers' markets around the state during the summer months. Attend a Farm to Family activity with WIC and receive a free coupon book (worth \$30) to use for fresh, delicious veggies and fruits at participating farmers' markets.

For dates and times of the Farm to Family activities being held in your community, check the insert in this newsletter. A limited number of coupon books are available, so try to attend early.

Enjoy summertime and eating local with the Vermont Farm to Family Program!

### World Breastfeeding Week

**August 1-7**

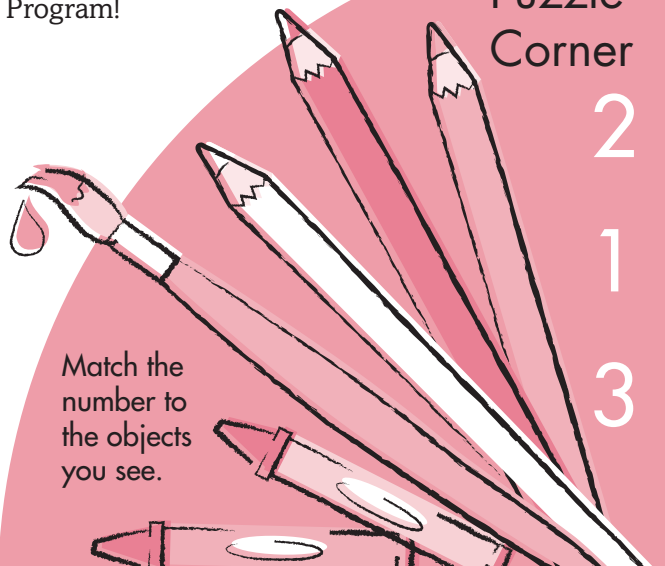
Successful breastfeeding needs mom and baby, along with support from family, friends, community, health care providers, and workplaces. WIC is here to help support and celebrate breastfeeding every day!

### Puzzle Corner

2

1

3



Match the number to the objects you see.

# Delicious tips for staying hydrated!

By Sarah Bhimani

Summer is upon us, which means warmer weather and lots of time spent playing outside. While it's important to make sure you and your family are staying hydrated all year, it's especially important to ensure you are getting enough fluids during the hot months of summer. Did you know that by the time you feel thirsty, you are already partially dehydrated?

You may have heard the rule "drink eight 8-ounce glasses of water a day." While that's still a good rule to go by for adults, water needs vary by age and can depend on physical activity and weather. Go by your thirst. Young children 4–8 years old may need 4–5 cups of fluids a day (includes water and other unsweetened fluids), while adults may need 8–13 cups of fluids per day. It's also important to note that in addition to drinking water and other unsweetened fluids, eating fruits and vegetables also contributes some water to your diet.

Water, while not the only fluid that will keep you hydrated, is calorie-free, inexpensive, and readily available. To make drinking water more interesting, try infusing it! Not only will you get deliciously flavored water, you'll have some snacks to nibble on as you drink. To jazz it up even further, you could use seltzer water instead of flat water. Feel free to experiment with your favorite fruit, veggies and herbs!

The basic recipe is adding your selected fruit, veggies, and/or herbs to the bottom of an empty jar or water bottle. Fill the jar or bottle with flat or sparkling water,

cover, and let sit in the fridge to infuse. For porous fruits and delicate herbs, let it sit for 5 minutes to 2 hours. For harder fruits and woodier herbs, let sit for 4–6 hours or overnight. The longer you let the water infuse, the stronger the flavor! Just be careful leaving herbs in the water too long; they'll begin to brown after a few hours. As you drink, nibble on the fruit and veggies in the bottom of the jar or bottle!

Here are some of our favorite recipes (make all of these in a quart jar and fill with water to the top):

**Strawberry Basil:** infuse 6 sliced strawberries (you can leave the tops on) and 4 basil leaves

**Nectarine Berry:** infuse 2 quartered nectarines (pits discarded),  $\frac{1}{4}$  cup raspberries, and  $\frac{1}{2}$  cup blueberries

**Cucumber Lemon Lime:** infuse  $\frac{1}{4}$  cup sliced cucumber (rounds),  $\frac{1}{2}$  of a sliced lemon (rounds), 1 sliced lime (rounds)

**Rosemary Orange:** 3 sprigs fresh rosemary,  $\frac{1}{2}$  of a sliced orange (rounds),  $\frac{1}{4}$  of a sliced grapefruit (half rounds)

### Pro tip:

This is a great way to use fresh, local fruits, veggies, and herbs you purchase at the farmers' market with your Farm to Family coupons!

*Sarah Bhimani is the Outreach and Education Manager at City Market/Onion River Co-op in Burlington, VT.*



## Get the WICShopper app

If you have a Smartphone or tablet the WICShopper app is available to you to download for free to make your WIC shopping experience easier. Scan items at the grocery store to find out if they are WIC-eligible. Take a picture of your receipt to keep track of your remaining balance for the month. Also check out yummy recipes and access the *Vermont WIC Program & Food Guide* directly from the app.





## Happy Father's Day!

WIC welcomes dads. Here's a shout out to you to say thanks for all you do to help your kids grow up happy, healthy and smart.

## New from WIC: Fresh fruits & veggies for infants

Starting this summer, WIC will begin offering \$4 of fresh fruits and vegetables for infants 9–12 months on your eWIC card, in place of half of the baby food fruits and vegetables. Fully breastfed infants 9–12 months old will be able to receive \$8 of fresh fruits and vegetables in place of half of their baby food fruits and vegetables. Let your WIC office know at your 6-month infant appointment if you are interested in this new benefit, or call your WIC office for more information if you've already had your infant's 6-month appointment. Benefits may take effect the next month.

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## Ask Dr. Lewis First

**Q: My toddler doesn't seem to want to nap anymore. Shouldn't she still take a nap??**

**Dr. First:** Well, I don't want anyone dozing off on this topic, so let me provide some interesting information on toddlers and napping.

To begin with, naps can be quite beneficial. They focus a child's energy away from active play and more into time for growth. In addition, naps also provide a predictable break in the schedule for parents and caregivers to take care of chores or to unwind.

While most infants after 6 months to about a year of age will take at least two naps a day, a toddler or preschooler is more apt to take one in the early afternoon and for no more than two hours and never past 3 or 4 p.m. — especially if you want your toddler to go to sleep at a reasonable time at night. Most toddlers and preschoolers give up naps by age 5, usually between ages 3 and 4 (only to wish for them again as adults).

On the other hand, there are some children who want the naps to end by age 3, a few even by age 2. Why? The main reason is that toddlers and preschoolers are so interested in what's going on around them they feel that by napping, they may miss out on something. Saying no to the nap is also a way for your toddler to exert their ever-growing independence and control of a situation. So what do I suggest about naps?

First, create a quiet-down routine in the middle of the day if you don't already have one. Reward your child for doing something quietly like looking at books while they rest, even if they do not want to go to sleep. This will enable them to use some energy for growing rather than just playing.

If there is no change for the worse in your child's behavior particularly in the late afternoon hours without a nap, then it's okay to forgo the afternoon nap — even if you, the parent, will be the one who takes the toll, given that you will lose your mid-afternoon moment of relaxation that you loved when your child napped.

Hopefully tips like these will sleep well with you when it comes to figuring out whether or not your young child really needs that mid-afternoon nap.

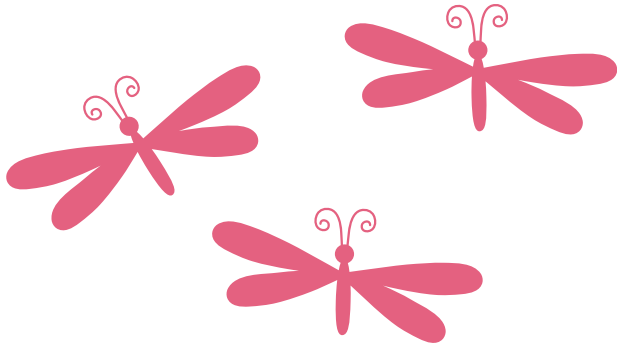
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## WIC Newsletter • Summer



There shall be  
eternal summer in  
the grateful heart.

~Celia Thaxter

## WIC Newsletter • Summer 2017

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