

La Crosse County

WIC Newsletter

July
August
September
2015

**La Crosse
County
Benefit
Issuance days:**

Mondays
8:30AM-5:30PM

**3rd Tuesday of
the Month**
9:30AM-6:30PM

**2nd Tuesday of
the month
Onalaska**
8:30AM-4:00PM

**3rd Wednesday of
the month
West Salem**
12:30PM-4:00PM

**The WIC Office
will be
closed the
following days:**

Friday, July 3rd
(4th of July Holiday)

Monday, September 7th
(Labor Day)

Farmers' Markets: Enjoy the taste of eating fresh!

Do you know where you can find the most fresh and local food? Look no further than your local farmers' market! Shop Farmers' Markets for Wisconsin's best local produce.

La Crosse County WIC is offering \$17 vouchers to spend at local Farmers' Markets. Talk to your WIC staff or call the WIC office if you would like to receive them!



Need more reasons to check out the Farmers' Markets? Check out our Top 5 List.

- 1** Freshly picked ripe food is at its peak flavor and nutrition. Taste and see for yourself!
- 2** Farmers' Markets are everywhere and easy to find. Ask your WIC Staff if you need a list of the local markets!
- 3** Try a new fruit or vegetable! Farmers often have good suggestions on how to prepare the foods that they grow. La Crosse County WIC has recipe books with ideas too! Ask your WIC staff if you would like a Farmers' Market recipe book.
- 4** Need a cure for a picky eater? Get your kids involved. Let them pick something new to try, and use a new recipe to have them help prepare a meal or snack.
- 5** Connect with where your food comes from! Many foods in the grocery store travel thousands of miles before they hit your shopping cart. Farmers' Market foods typically are grown within a few miles of La Crosse!



Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

FREE Child Car Seat Checks

First and Second Thursday of each month

April-September

3:00pm-7:00pm



Car seat checks are available on the first Thursday of the month at Brenengen Chevrolet (990 Hwy 16 West Salem) or the second Thursday of the month

at Brenengen Chevy Cadillac (531 Theatre Rd Onalaska).

Stop in and have a Certified Child Passenger Safety Technician fit your seats or boosters.

It's **FREE** and **No appointment is necessary!**

Farmers' Market Veggie Pattie Recipe

Ingredients:

- 1 cup shredded carrots
- 1 cup shredded zucchini
- 1 cup shredded potatoes
- 1/2 cup thinly sliced onion
- 2 tablespoons chopped parsley
- 2 eggs
- 1 cup bread crumbs
- 1 teaspoon salt
- 1/4 teaspoon black pepper



Step 1: Combine all the ingredients together in a bowl.

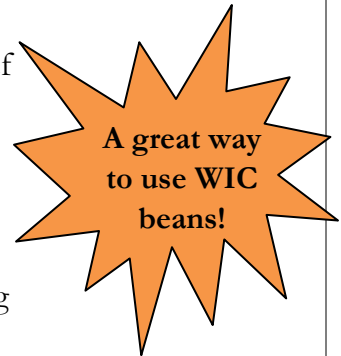
Step 2: Form vegetable mixture into small flat patties.

Step 3: Heat 1 tablespoon oil in a skillet. Cook patties on both sides over medium heat, for about 8 minutes.

Taco Filling Recipe with a Twist

Ingredients:

- 1/2 lb lean ground beef
- 3 bell peppers, diced
- 1 can black beans (drained)
- 1 onion, diced
- 1 packet taco seasoning
- 1/2 cup water



Step 1: Brown beef in a large pan. Set aside.

Step 2: Saute peppers and onions until tender. Add cooked beef, water, taco seasoning, and black beans. Continue cooking until water is evaporated.

Step 3: Serve with desired taco toppings: lettuce, shredded cheese, avocado, tomatoes, whole wheat tortillas, etc.



La Crosse County Government

WIC & Nutrition

Questions or

Concerns?

Contact Us!

608-785-9865



This institution is an equal opportunity provider.