WIC NEWS: September, October and November 2019

Note: Please call your local WIC office if you need to reschedule your appointment!

Fruits and veggies-MORE MATTERS!!

Eating fruits and vegetables has many benefits. Some of these benefits include a lower risk of:

- heart disease
- certain types of cancer
- type 2 diabetes
- obesity
- high blood pressure

It is recommended to eat at least 5 servings of fruits and vegetables daily. You can visit www.choosemyplate.gov for more guidance and tools for meal planning and achieving a healthy diet for you and your family.

Take advantage of your Farmers Market checks before the season ends! Not only will you support local agriculture but you will gain access to healthy foods that can really make a difference! The checks are good until November 30, 2019. Check the list of farmers market vendors to see when your local market season ends.

WIC is an equal opportunity provider
October is national walk to school month!

Getting your body moving early in the morning is a great way to get your day started. A perfect way to do this is to play a game in the morning that gets you moving. Or, walk your kids to school. Your kids can start going to school at ages 3 or 4 by enrolling with Headstart.

Contact (518) 775-5754 for Fulton county residents and (518) 842-0329 for Montgomery county residents to enroll your children in Headstart.

Walking first thing in the morning helps get your body going and gives you more energy for the day. It also helps strengthen your heart and can help you lose weight.

November is American Diabetes month

Diabetes is one of the leading causes of death and disability in the U.S. If left uncontrolled it can have life altering effects. Eighty-six million people are at risk for developing type 2 diabetes in the U.S. People at risk can lower their risk by:

- Eating healthy
- Increasing physical activity
- Losing weight

It is important to get regular check-ups to monitor blood pressure, cholesterol and diabetes risk. Some signs that you may want to see your doctor for include:

- Being more hungry and tired than normal
• Going to the bathroom more frequently than normal (the average person goes 4-7 times in 24 hours)
• Dry mouth and itchy skin
• Blurred vision
• Yeast infections
• Slow healing cuts or wounds