



Nutrition News



Time for the Farmers' Market

Quincy's Certified Farmers' Market

The Market sets up in Dame Shirley Plaza across from the west side of the courthouse.

It will run from June 14th to September 6th every Thursday from 4:30 to 7:30.

WIC Coupon Booklets

WIC participants can bring their Farmers' Market coupon booklets to the Information Booth at the Market and receive a matching amount of tokens to use to buy fruits and veggies.

The \$20 dollar booklet plus \$20 in tokens equals \$40 of fresh produce.

Why Go?

Learn about produce and try different vegetables and fruits.

It provides fun, family entertainment.

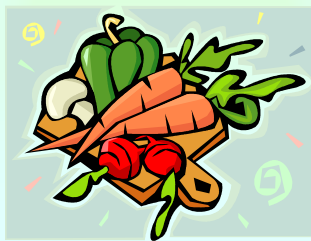
You get lots of exercise walking around to each booth.

The produce will be fresher and better tasting.

There may be other activities like live music and craft booths.

You will meet people you haven't seen in a while.

You'll be supporting local farmers.



Cool and Refreshing Summer Pasta Salad

2 cups cooked whole wheat pasta

2 ripe tomatoes, diced

1 cucumber, sliced

1 cup broccoli, chopped

Oil and vinegar dressing or your favorite dressing

Grated Parmesan cheese

Combine pasta, tomatoes, cucumbers and broccoli in a bowl.

Sprinkle with salad dressing and Parmesan cheese.

Toss to coat.

Cover and chill in the refrigerator for at least 30 minutes.

Serve to your family with a smile.

Enjoy the Summer !



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Questions? Ask Your WIC Staff

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