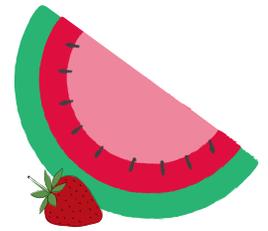


## Celebrate the Season

Did you know? Eating fresh vegetables and fruits that are in season is a great way to keep your family healthy. In season fruits and vegetables are easy to get, have more flavor, and are usually less expensive. No matter the season, there are always new and exciting fruits and vegetables to try! Watch for these seasonal items at your local store and farmers' markets...



### June

- Strawberries
- Asparagus
- Lettuce
- Mushrooms
- Peas
- Spinach
- Turnips

### July

- Apricots
- Cherries
- Raspberries
- Green beans
- Broccoli
- Cabbage
- Celery
- Eggplants
- Radishes

### August

- Apples
- Blackberries
- Blueberries
- Cantaloupe
- Peaches
- Plums
- Beets
- Carrots
- Cauliflower
- Corn
- Cucumbers
- Peppers
- Pumpkins
- Squash
- Tomatoes

Find more of Michigan's seasonal fruits and vegetables online:

<https://bit.ly/2JxvMDO>



Do you enjoy shopping at local farmers' markets? WIC clients, excluding infants, may be eligible to receive a WIC Project FRESH booklet containing \$25 worth of coupons. The coupons can be used to buy fresh, locally grown fruits and vegetables from participating farmers, farmers' markets, and roadside stands throughout Michigan. The coupons can be used through October 31st.

**JUST ASK  
WIC**

WIC Project FRESH coupon pick-up will be available on a first-come, first-served basis: July 10, 17, 24 & 31.

**For more information,  
call the WIC office today:  
517-546-5459**

# August is Breastfeeding Awareness Month!

In honor of breastfeeding awareness month, we are sharing some tips for breastfeeding success:

- **Learn your baby's hunger signs.** Common signs include becoming more alert and active; putting hands or fists to the mouth; and making sucking motions with the mouth.
- **Follow your baby's lead.** Some babies will feed from (or "take") both breasts, one after the other, at each feeding. Other babies take only one breast at each feeding.
- **Keep your baby close to you.** Skin-to-skin contact between you and baby will soothe his or her crying and also will help keep your baby's heart and breathing rates stable.
- **Avoid nipple confusion.** Do not use pacifiers and bottles in the first few weeks after birth unless there is a medical reason.

## CHANGE ONE THING:

*Stay hydrated while breastfeeding.*

Producing breastmilk requires a lot of water. Breastfeeding moms should eat or drink 16 cups of fluids per day. You get some of this fluid from water found in foods, but still need about 12 cups (that's six 16 fluid ounce water bottles!) from drinking water and other beverages. One way to help you get the fluids you need is to drink a large glass of water each time you breastfeed your baby.

## Protect your family from ticks & mosquitoes...

Ticks and mosquitoes are more than just an annoyance; they can carry harmful diseases. Protect your family from tick and mosquito bites:

- Use DEET containing insect repellent
- Wear long sleeves and pants
- Check everyone for ticks after spending time outside

Find more information on our website:  
[www.livgov.com/health/eh/Pages/Ticks.aspx](http://www.livgov.com/health/eh/Pages/Ticks.aspx)

## Don't wait to vaccinate!

Get your children caught-up on all their vaccinations before they head back to school this fall.

### Health Department Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.  
(8:30 a.m. - 7 p.m. on 2nd & 4th Wednesday of each month)

## WIC Breastfeeding Peer Counselor



*Jennifer Kaiser*

Email: [jkaiser@livgov.com](mailto:jkaiser@livgov.com)

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support

Support when  
you need it!