

March 2008

## What's In Your Cupboard?

### Water

Did you know that water makes up more than 70% of the human body? Here are some good reasons to drink water when you are thirsty:

- Temperature regulation:** Water cools you down when you need it.
- Lubrication:** Eyes, mouth, nose, and knees and other joints.
- Toxins:** Helps move them out of your body!

#### Spring is almost here!

Tip of the month: you can buy vegetable seeds with Food Stamps.



### Fruits and Vegetables

Eating enough fruits and vegetables can reduce risk of stroke, heart disease, some cancers, type 2 diabetes; variety is important.

Dried, frozen, canned, and fresh fruit and vegetables all count. Fruit and/or vegetable juice (100%) counts, too!

### Resource Spotlight

WIC stands for "The Special Supplemental Nutrition Program for Women, Infants and Children."

WIC provides vouchers for foods for pregnant and breastfeeding women, infants, and children under age five. Foster parents, fathers, grandparents or others with custody of children under age five may also qualify.

The vouchers can be used to get foods like milk, cheese, cereal, juice, beans, and peanut butter.

WIC also provides nutrition counseling and breastfeeding support. Some WIC agencies provide Farmer's Market coupons that you can use for fruits and vegetables at Farmer's Markets.

**WIC Multnomah County:** 503-988-3503

**WIC Clackamas County:** 503-655-8476

Or call **1-800-SAFENET** (723-3638)

For information on how to get emergency food for your family, call Oregon Food Bank: 1-800-777-7427