

WIC Life – June

Opportunities for Otsego | 3 West Broadway, Oneonta, NY 13820 | 607-433-8071 | www.ofoinc.org/wic
Email us at wic@ofoinc.org Find us on Facebook at www.facebook.com/ofoinc



Updates

The USDA has extended the waiver to continue remote (phone call) appointments until at least mid-August. We will continue to keep you all informed and can be reached at wic@ofoinc.org or at the office at (607) 433-8071.

Interested in OFO services? Complete the form at <http://www.ofoinc.org>. The information you submit will be sent to the programs or services you indicate. If you already receive services like WIC, please consider filling out the form so that we may continue to serve your needs now and in the future.

COVID Phone Appointment Hours

Monday 8:00AM – 4:30PM
Tuesday 8:00AM – 4:30PM
Wednesday 8:00AM – 4:30PM
Thursday 8:00AM – 4:30PM
Friday 8:00AM – 4:30PM
Lunch hour are available daily.

Outreach Days

No outreach site appointments will be held until further.

Closings

WIC will be closed on July 5th in recognition of the 4th of July.

Contact Us:

Phone: 607.433.8071 or 607.433.8000
Fax: 607.433.8066
Email: wic@ofoinc.org

New York States has increased Fruit and Vegetable Benefits for the summer!

In early March the American Rescue Care Act of 2021 was passed and includes funding to temporarily increase the amount women and children can receive for fruits and vegetables every month.

From June 1, 2021 to September 30, 2021, Women and children over 1 can each receive up to \$35 for fruits and vegetables, up from \$11 for Mom and \$9 for children. While temporary, this is something we have all been asking for!



Farmer's Market Coupons are back!

Farmer's Market coupons will be available from June 1, 2021 until September 30, 2021, as they have been years prior. Each member of your household over 6 months, at the time of issuance and enrolled in WIC is eligible for a \$20 coupon booklet redeemable at approved Farmer's Markets throughout the state.

At your appointment during the summer we will offer them to you and if you are interested, we will mail them out to you with a list of those Farmer's Markets in the area that accept them. They are valid until November and we only issue them to you once.

It is important to remember that coupons lost in the mail cannot be replaced, so please make sure we have your most recent mailing address.

How to make all these benefits last?

It is easy to spend all of these benefits at once, especially at the Farmer's Market. Every month there is produce that comes into season and we start seeing more variety. Buying seasonally helps maximize your budget.

In June there is so much in season here in New York. Vegetables and fruits in season include: Asparagus, beets, broccoli, chili peppers, currents, garlic, lettuce, mushrooms, peas, rhubarb, shallots, snow peas, spinach, strawberries, summer squash and zucchini, all available in early June. In late June we see more cherries and tomatoes on the shelves. July adds fresh apples, green beans, onions, melons, peaches, peppers, potatoes and herbs, in addition to what we already see starting in June.

Buying seasonally also allows for trying different things, produce you wouldn't think to try before. The Farmer's Market is a great way to learn about different options straight from the farmer. It is also a great way to get kids more involved in choosing produce they'll want to eat and also helps them appreciate all the hard work that goes into producing all these lovely options.

There are so many great ways to use seasonal produce, especially in the summer! For more information on what is in season when, visit <https://seasonalfoodguide.org/>. You can search by state and month to see what is in season when.

For more info on what Farmer's markets accept the farmer's market coupons, you can visit the NYS WIC website at <https://www.health.ny.gov/prevention/nutrition/fmnp/>. This page will tell you more about the program and let you search for markets throughout the state that accept them. The Farmer's Market Coupons can be used throughout the State where ever Farmer's Markets accepted them.

Enjoy all your new produce and feel free to reach out if you have any questions or concerns. We are here to help!

(Bonus Smart Shopping Tip: Think about stocking up on canned or frozen fruits and vegetables with your \$35 WIC benefit for fruits and vegetables and use the Farmers' Market coupons for fresh local produce.)

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(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov This institution is an equal opportunity provider.

For other complaints or to request a Fair Hearing contact:

(1) mail: WIC Program Director NYSDOH,
Riverview Center 150 Broadway, 6 th Floor
Albany, NY 12204;

(2) phone: (518) 402-7093;
fax (518) 402-7348; or

(3) email: NYSWIC@HEALTH.NY.GOV