



FOR IMMEDIATE RELEASE

Contact:

Susan Krahn, MS, RDN, CD, CLC

Public Health Nutritionist

715-839-6941

Susan.Krahn@co.eau-claire.wi.us

Shop for Local, Healthy Food at the Farmers' Market

Eau Claire, WI –July 9, 2019– The Eau Claire Health Department supports healthy eating and locally grown food by offering Veggin' Out cooking demos at farmers' markets. We know that almost 75% of adults in Eau Claire County aren't eating enough fruits and vegetables each day for good health!

When you stop by the Veggin' Out table you can learn how to cook easy, healthy recipes the whole family will enjoy. The farmers' market is a great place for kids to learn about healthy foods. If you have a picky eater who won't touch a cooked green pea at home, let them taste a fresh, crunchy sugar snap pea at the farmers' market.

Veggin' Out supports the Women, Infants, and Children (WIC) Farmers' Market Nutrition Program. In 2019, families using WIC can get a set of Farmers' Market Nutrition checks worth \$35 to buy fresh, locally grown fruits, vegetables, or herbs from approved Wisconsin farmers. Many working families with children under the age of 5 benefit from WIC. In fact, over half of the babies born in the United States use the WIC program.

Call 715-839-5051 or visit wic.ehealthdepartment.org to find out if you or family members are eligible for the WIC program.



**Everyone is welcome to visit the *Veggin' Out* table
for healthy recipes, food samples, & fun activity ideas for kids!**

Open now through August 21st.

- **River Prairie Park, Altoona**
 - Mondays, 5 PM – 8:45 PM
- **Eau Claire Government Center, corner of Lake Street and 2nd Avenue**
 - Tuesdays, 11:30 AM - 5 PM
- **Eau Claire Downtown Farmers' Market, Phoenix Park**
 - Wednesdays, 9 AM – 1 PM
 - Thursdays, 12 PM – 5 PM

*For more information about Veggin' Out or the WIC Farmers' Market Nutrition Program,
contact Susan Krahn at 715-839-6941*

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