

Maryland WIC

Farmers' Market

COOKBOOK

Easy steps
for using

**WIC FVC
& FMNP**

page 3

Guide to
Maryland

**FARMERS'
MARKETS**

page 19

Enjoy
the taste
of eating
FRESH

17 recipes for good health!

Fresh Tomato Basil Salad

Find recipe on our Facebook page

Maryland WIC

2014



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Farmers' Markets | Enjoy the taste of eating fresh

Do you know where to find the freshest, most flavorful, nutritious food?

Look no further than your local farmers' market. Shop farmers' markets for Maryland's best seasonal produce. Nothing tastes better than local.

Don't have a farmers' market near you? Look for roadside stands.

They sell a selection of the same fruits and vegetables found at the farmers' market. How easy is that? Stop and shop!

Shopping with WIC? You can use your WIC Fruit and Vegetable Checks or your FMNP Checks with any authorized farmer at their farmers' market or roadside stand location. Just look for this sign that lets you know your checks are welcome here!

Need more great reasons to head out to your local market?

Check out our Top 5 List.

Top 5 reasons to shop at a farmers' market:

- 1 Freshly picked ripe food is at its peak in flavor and nutrition. Taste and see for yourself!
- 2 Farmers' markets are everywhere and easy to find. See our guide on pages 19 - 24.
- 3 WIC FVC checks, FMNP checks and SNAP cards are accepted at most farmers' markets. Look for our sign!
- 4 Try a new fruit or vegetable! Farmers often have good suggestions on how to prepare what they grow. Let our recipes inspire you.
- 5 Need a cure for a picky eater? Get your kids involved. Let them pick out something new to try, and use one of our recipes to have them help prepare a meal or snack.

So what are you waiting for? See you at the Farmers' Market!

– Your friends at WIC



Maryland WIC

1-800-242-4942 • www.mdwic.org



Fresh from the Market

Visit your local farmers' market in spring, summer, and fall for fresh fruits and vegetables.

From Market to Mealtime

Wash fresh fruits and vegetables before cooking and eating.

Leave a bowl of fresh fruit on the counter for grab and go healthy snacks.

Add fresh peas, beans, peppers, and corn to salads for color and crunch.

Add fresh greens like spinach and kale to soups, stews, or fruit and veggie smoothies to boost nutrition.

Roast vegetables in the oven to bring out their natural sweetness.

Top fresh fruit with lowfat yogurt for a light and healthy dessert or snack.

Stretch your food dollars with these fresh and healthy recipes!

Did you know:

- Many farmers' markets accept EBT, FMNP, and WIC and Senior F & V Checks.
- During the growing season, fresh fruits and vegetables cost less and taste their best.

Make half your plate fruits and vegetables at every meal.

- Eat a variety of fruits and vegetables each day.
- Kids can help in the kitchen.
- Make mealtime a family time.

Summer Stuffed Tomatoes

Makes 8 servings, 1 tomato each

Ingredients:

- 8 tomatoes, washed
- 2 peaches, washed
- 3 cucumbers, washed, peeled, seeded, and chopped
- 2 ears of fresh corn kernels, washed, or 18.7-ounce can corn, rinsed and drained
- 3 tablespoons vegetable oil
- 2 tablespoons lemon or lime juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup basil leaves, washed and chopped or 1 teaspoon dried basil

Directions:

1. Slice off tops of tomatoes and scoop out seeds and flesh.
2. Chop the tomato seeds and flesh and place in a bowl.
3. Add remaining ingredients and spices to bowl.
4. Stir to combine and chill in the refrigerator.
5. Divide equally and stuff in tomatoes.

This is a great make-ahead vegetable for summer cookouts.



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How to use your **WIC Fruit & Vegetable Checks (FVC)** and **Farmers' Market Nutrition Program (FMNP)** Checks at the Farmers' Market

It's as easy as...



1 Pick out the fruits and vegetables that you want to buy.



2 Tell the farmer you are paying with your WIC FVC or FMNP check.



3 Sign your check and give it to the farmer along with your WIC Identification Folder.

<small>THIS CHECK IS VOID WITHOUT A VALID SIGNATURE AND AN AUTHORIZED WIC PARTICIPANT OR PROXY SIGNATURE.</small>			
AGENCY 111101	PARTICIPANT ID NO. 200 708 439	NAME OF PARTICIPANT (LAST, FIRST, MI) Test, Friday	CHECK NUMBER 65730059
FIRST DATE TO SPEND July 04, 2013	DATE RECEIVED	EXPIRES (GOOD ONLY) LAST DATE TO SPEND August 03, 2013	CASHER FILL IN EXACT AMOUNT OF SALE DOLLARS CENTS
CATEGORY: PG TO BE USED FOR THESE ITEMS & QUANTITIES ONLY: 10 (Ten) dollars for Fruits and Vegetables		PARTICIPANT OR PROXY SIGN FOR PRICE CORRECTION ONLY	
Also accepted by WIC Farmers		CHECKS NOT VALID UNLESS STAMPED BY AUTHORIZED WIC VENDOR	
Maryland WIC Program	Payable through FVAC: An Affiliate of Security State Bank Branford Lane, 2051514 Account Number: 350491	251206 819 X	SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY
		VENDOR MUST DEPOSIT WITHIN 30 DAYS OF LAST DATE TO SPEND	

WIC FVC Reminder
Be sure to look for the first date to spend and last date to spend on your WIC FVC.

Spend your FMNP checks at the Farmers' Market anytime from June 1 to November 30.

Maryland 2014 Farmers' Market Nutrition Program		Account # 75-1245/919	
Pay to the order of authorized Maryland Farmers' Market Vendor		STAMP AUTHORIZED FMNP	
Deposit no later than December 5, 2014		FIRST DATE TO SPEND: 6/01/14 LAST DATE TO SPEND: 11/30/14	
NOT VALID AT GROCERY STORES		PAY EXACTLY \$ 5.00 NO CHANGE GIVEN	
Good for the purchase of fresh, locally grown vegetables, fruits, and cut herbs from a FMNP Vendor. Any other use constitutes fraud.		VENDOR NUMBER HERE	
MARYLAND		PARTICIPANT'S SIGNATURE	

Spring Forward with Fresh Vegetables!

The growing season in Maryland starts in spring.

Spring Clean Your Refrigerator

It is the perfect time for spring cleaning, which includes your refrigerator.

Follow these simple steps:

1. Empty the refrigerator and freezer. Store foods in a cooler with ice while you clean.
2. Throw away all foods that are past their "use-by" date or are moldy.
3. Plan meals and make a grocery list using what you have on hand in the refrigerator and freezer.
4. Unplug the refrigerator and use a coil brush to remove dust underneath the refrigerator. Cleaning the coils saves electricity.
5. Remove shelves and bins and wash them in warm water and detergent in the sink. Dry with a towel or let them air dry.
6. Clean the outside of the refrigerator too, including the door handle, using warm, soapy water.
7. Return shelves and bins to the refrigerator and freezer when you are done cleaning.
8. Don't forget to plug-in the refrigerator when you are finished cleaning.
9. Return food in the cooler to the refrigerator and freezer.

Visit Your Local Farmers' Market

Shopping at a farmers' market is a great way to meet local farmers and buy fresh fruits and vegetables to enjoy throughout the growing season.

Farmers' markets are open spring through fall in every county in Maryland. See the directory at the back of this publication to find a farmers' market near you.

Enjoy Fresh Asparagus this Spring!

Try something new! Serve asparagus for a snack, as a side dish, in soups or in salads.*

Raw:

Serve asparagus spears with a low-fat dip or cut spears into one inch pieces and add to salads.

Baked:

- Preheat oven to 400 degrees.
- Place fresh asparagus in a plastic zip-top bag, drizzle with vegetable oil. Add salt and pepper to taste.
- Shake until asparagus is coated with oil and seasoning.
- Remove asparagus from zip-top bag and place on baking sheet.
- Bake in oven until asparagus begins to brown, about 10 minutes.

Steamed:

Microwave asparagus in a safe bowl, or cook asparagus on the stovetop in a pan. Add a small amount of water before cooking. Cook until tender, about 5 minutes. Season with salt and pepper to taste.

Grilled:

Place asparagus spears on a preheated grill coated with vegetable oil spray and cook for about 5-8 minutes until tender, turning occasionally. Add your favorite herbs or spices.

* For all recipes, wash asparagus and remove tough ends before preparing.



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What's In Season Guide for Spring & Summer

Fresh Food	At The Market	Storage	Preparation
Apricots 	Choose plump, firm fruit with golden orange skin.	Ripen at room temperature. Store in the refrigerator. Avoid bruising by arranging in a flat container.	Gently rinse. Eat skins and flesh. Dry in a dehydrator for later use.
Asparagus 	Choose bright green, firm, straight stalks with compact tips.	Refrigerate upright in container with an inch of water for up to 7 days.	Rinse and snap off ends. Boil, steam or microwave until tender.
Broccoli 	Choose dark green, firm stalks with compact florets.	Refrigerate unwashed in a plastic bag in the crisper drawer for up to 5 days.	Wash before using. Eat raw, or steam or sauté until crisp and tender.
Cabbage 	Choose firm heads with shiny, loose outer leaves. <i>Varieties:</i> Red, Green	Store in the refrigerator crisper drawer in a plastic bag for up to 2 weeks.	Remove thick outer leaves, core, slice and rinse just before cooking. Steam, sauté or boil until tender.
Green Beans 	Choose bright green, firm beans.	Store in the refrigerator crisper drawer in a plastic bag for up to 7 days.	Rinse and cut or snap off ends just before cooking. Steam, sauté or microwave in an inch of water.
Greens: Kale, Chard & Collards 	Choose firm, crisp and deeply colored leaves. <i>Varieties:</i> Swiss Chard, Curly Kale, Tuscan Kale, Collard, Turnip, Mustard.	Refrigerate in a plastic bag for up to 5 days.	Rinse, remove thick stems and chop. Sauté, steam or microwave in an inch of water. Can also be baked as chips or added to soups.
Honeydew Melon 	Choose melons with waxy surface. Fruit should feel heavy for its size. Ripe melons feel slightly soft when skin is pressed.	Store whole melons at room temperature or cut and store in a container in the refrigerator for up to 2 weeks.	Cut 1/4 inch from rind and eat fresh, alone or add to salads, salsas and desserts.



What's In Season Guide for Spring & Summer

Fresh Food	At The Market	Storage	Preparation
Leeks 	Choose ones with crisp tops and shiny white skin.	Store in refrigerator in an open plastic bag in the crisper drawer for up to 2 weeks.	Wash, trim roots, and remove outer layer before chopping. Use in soups, stews and quiches.
Lettuce 	Choose crisp, closely bunched, bright leaves or heads. <i>Varieties:</i> Iceburg, Butter, Leaf, Romaine, Mesclun (mix of small lettuces and herbs)	Rinse and store in paper towel and open plastic bag in refrigerator for up to 1 week.	Wash and pat or spin dry before using. Eat raw in salads, sandwiches and wraps.
Mushrooms 	Purchase fresh or dried. With fresh, choose firm, unblemished caps without mold or wet spots. <i>Varieties:</i> Button, Portobello, Oyster, others.	Store loose mushrooms in the refrigerator in an open bag or packaged mushrooms in original packaging. Use within 5 days.	Clean mushroom by rinsing and drying or wiping with a damp cloth.
Peas 	Choose firm, plump, bright green pods.	Refrigerate in original container or plastic bag. Use within 3 days.	Wash and remove peas from pods. Steam or sauté with casseroles and pasta dishes or add to soups.
Rhubarb 	Choose firm, flat stalks that have a red hue.	Wash and trim leaves and ends. Refrigerate in a plastic bag for up to 5 days.	Do not eat the leaves. Cut stalks into small pieces and place in saucepan. Cover with water, add sugar, and cook until very tender.
Spinach 	Choose crisp, dark green, even-colored leaves.	Store unwashed in the refrigerator for up to 5 days.	Soak in cold water and swish leaves to remove sand and dirt. Dry and use raw or sauté. Also good in side dishes and soups.
Strawberries 	Choose bright red, plump berries with leafy green tops. Avoid bruised, soft or moldy berries.	Refrigerate unwashed berries in loosely packed container. Use within 4 days.	Rinse, dry and cut off tops. Eat alone or add to cereal, salad, yogurt, smoothies and desserts.

Put Some Sizzle in Your Summer!

Tips for enjoying a safe and tasty summer with your family.

Summer Food Safety

Enjoy summer meals without the risk of getting food-borne illness.

At the grocery store:

- Choose meat, chicken, and fish at the end of your store visit, right before checkout.
- Do grocery shopping as your last errand before going home.

At home:

- Refrigerate or freeze meat, chicken, and fish as soon as you get home.
- Defrost food in the refrigerator until it is time to cook family meals.
- Thaw frozen foods in the refrigerator, not on the counter.
- Use a meat thermometer to be sure meat has reached a safe temperature.
- Place cooked meat on a clean platter, not the one you used for the raw meat.
- Throw away food that has been sitting at room temperature for more than 2 hours, or 1 hour if temperatures are 90 degrees or higher.

For more information on food safety visit:
www.fightbac.org

Sizzling Summer Dinners

Dinner is fast and flavorful with these cooking tips:

- Marinades or salad dressings make cheaper cuts of meat more tender and add great flavor.
- Marinate meats with lemon, fresh or dried herbs, garlic, or pepper to add flavor without adding salt.
- Cook meat and vegetables outside on the grill.
- Serve less meat and more grilled or roasted vegetables. You will stretch your food budget and boost nutrition.
- Top a green salad with baked or grilled chicken, fresh summer berries, cucumber slices, and a light salad dressing.
- Eat breakfast for dinner! Eggs make a low cost summer meal. Add chopped onion, peppers, mushrooms, and fresh or dried herbs to make a veggie omelet.
- Make a main dish salad with fresh corn, canned beans, and chopped tomatoes. Fresh herbs and lime juice add flavor without adding fat or salt.

Outdoor Summer Safety Tips:

- Watch your children closely when they play at the playground, when they ride bikes, and when they swim at the pool.
- Everyone should wear helmets when riding bikes.
- When mowing the lawn, wear closed-toed shoes, not sandals.








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Freshen Up Meals with Fall Fruits and Vegetables

**Buy fresh fruits and vegetables in season.
They cost less and taste great!**

Apples are Amazing!

-  Pack apples in lunch boxes.
-  Make homemade applesauce and enjoy on top of oatmeal or pancakes.
-  Chop apples and add them to salads.
-  Cook and puree apples for baby food.
-  Apple slices with peanut butter make a healthy snack.

How to Select:

Choose firm, shiny, smooth-skinned apples. Fruit should smell fresh, not musty.







How to Store:

Refrigerate apples in a plastic bag away from strong-smelling foods. Use within 3 weeks.

Nutrition Facts:

Apples are fat-free, sodium free, cholesterol free, and a good source of dietary fiber.

Cabbage adds Crunch!

-  Shred cabbage to make coleslaw.
-  Add chopped cabbage to homemade soups and stews.
-  Top tacos with shredded cabbage.
-  Cook cabbage with onions and apples for a tasty side dish.
-  Add cabbage to a stir-fry with fresh or frozen vegetables and leftover meat or chicken.
-  Use cabbage in place of lettuce on a sandwich.

How to Select:

Choose green or purple cabbage heads that are compact and firm. Cabbage leaves should be tightly closed.

How to Store:

Refrigerate cabbage for up to 7 days.

Nutrition Facts:

Cabbage is fat-free, very low in sodium, low-calorie, and high in vitamin C.

Fall is a great time to buy apples and cabbage in Maryland.

Purchase seasonal fruits and vegetables at the farmers' market or in the grocery store.

Eat a variety of fruits and vegetables each day.









Make half your plate fruits and vegetables.




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What's In Season Guide for Fall & Winter

Fresh Food	At The Market	Storage	Preparation
Kale 	Choose firm, crisp and deeply colored leaves. <i>Varieties:</i> Curly, Tuscan	Refrigerate in a plastic bag for up to 5 days.	Rinse, remove thick stems and chop. Sauté, steam or microwave in an inch of water.
Onions 	Choose firm dry onions with shiny, thin skin. <i>Varieties:</i> Yellow, Red, White	Store in a dry, dark spot that is not next to potatoes for up to 1 month. Or up to 2 weeks if next to potatoes.	Use a sharp knife to slice or chop. Use raw in salads, salsas and sandwiches. Add raw or sautéed to sauces, soups and stews.
Pears 	Buy them when they are firm and free of bruises and marks. <i>Varieties:</i> Anjou, Bartlett, Bosc, Comice, Asian.	Ripen on countertop until they yield to gentle pressure. Store ripe pears in the refrigerator for up to 3 days.	Always wash the skin before eating.
Potatoes 	Choose firm potatoes without green spots or sprouts. <i>Varieties:</i> Red, Russet, New, White	Do not wash your potatoes before storing. Store potatoes in a dry, dark, cool place for up to 2 weeks.	Scrub with a vegetable brush before cooking.
Rutabagas 	Also known as a yellow turnip. Choose smooth skinned without blemishes.	Store in refrigerator crisper for up to 2 weeks.	Roast or bake. Remove leaf and root ends, wash, and peel before cooking.
Sweet Potatoes & Yams 	A yam has white to yellow flesh. Sweet potatoes have orange flesh. Choose firm, small to medium sized sweet potatoes with firm skin.	Store in a dark, dry, cupboard. Use within 1 week.	Bake, boiled, or microwave peeled or unpeeled.
Turnips 	Choose smooth skinned without blemishes. <i>Varieties:</i> Baby Turnips, White, Japanese	Store in refrigerator crisper for up to 2 weeks.	Roast or bake. Remove leaf and root ends, wash, and peel before cooking.
Winter Squash 	Choose firm, smooth, deeply colored skin with no spots or bruises. <i>Varieties:</i> Acorn, Butternut, Buttercup, Pumpkin, Spaghetti	Store for up to 1 month in a dark, cool spot.	Cut the squash in half and discard the seeds. Peel and cut the squash into chunks. Bake, boil or microwave.



 Always wash your hands before preparing food

Makes: 8 servings
Serving size: ½ cup

Ingredients:


- ½ head of cabbage, washed and chopped
- ½ teaspoon salt
- ½ teaspoon celery seed
- 2 Tablespoons sugar
- 3 Tablespoons vinegar

Directions:

1. In a large bowl, combine ingredients and mix well.
2. Cover the bowl.
3. Chill in the refrigerator for several hours before serving.

Add shredded cabbage to salads or tacos instead of lettuce.



 Always wash your hands before preparing food

Makes: 4 servings
Serving size: 1 wrap

Ingredients:

- | | |
|---|------------------------------|
| 4 large Swiss chard leaves, or 1 cup spinach leaves, washed and chopped | Salt and pepper to taste |
| 1 avocado, peeled, chopped | 1 tomato, washed and chopped |
| 1 teaspoon lemon or lime juice | ½ onion, chopped |
| ¼ chili pepper, chopped | 1 carrot, washed and grated |
| | 4 whole grain tortillas |

Directions:


1. In large bowl, mix avocado, lemon or lime juice, and spices.
2. Add swiss chard or spinach, tomato, onion, and carrots and mix together.
3. Spoon ¼ of mixture onto each tortilla and roll up.

Note- Add leftover cooked chicken or canned tuna for a healthy meal.

To boost nutrition, use spinach instead of lettuce in salads, sandwiches, and wraps.





 Always wash your hands before preparing food

Makes: 6 servings
Serving size: 1½ cups

Ingredients:


- | | |
|---|---|
| 1 box whole wheat pasta | 2 cups low-sodium chicken or vegetable broth |
| 1 Tablespoon vegetable oil | 1 teaspoon Italian seasoning |
| ½ onion, chopped | 1 15.5-ounce can (white beans, Cannellini, Great Northern, or Navy), rinsed |
| 3 cloves garlic, finely chopped | ½ cup Parmesan cheese, grated (optional) |
| 2 cups cooked chicken, cubed | Salt and pepper to taste |
| 1 bunch Swiss chard or 6 cups spinach, washed and chopped | |

Directions:

1. Cook the pasta according to directions on box and drain.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes, add garlic, and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add beans, chard or spinach, chicken or vegetable stock, and spices.
6. Add in cooked pasta and stir to combine.
7. Cook for 5 minutes until pasta is heated through.
8. Divide into serving bowls. Sprinkle with Parmesan cheese.

This recipe makes a quick meal and tastes great when served as leftovers.



 Always wash your hands before preparing food

Makes: 1 serving
Serving size: 1 graham cracker with topping

Ingredients:

- 1 graham cracker
- 2 Tablespoons low-fat vanilla yogurt
- 2 strawberries, sliced and washed

**Optional ingredients: raisins or honey*

Directions:

1. Break graham cracker in half.
1. Spread yogurt on top of ½ graham cracker.
2. Place strawberries on top.
3. Top with other graham cracker half.

Serving Suggestion: Substitute your favorite low-fat yogurt flavor. Try other summer berries or dried fruit.

Makes a healthy snack or dessert.





Always wash your hands before preparing food

Makes: 8 servings

Serving size: ½ cup

Ingredients:

- 2 medium zucchini, washed and diced
- 2 cups green beans, washed and chopped with ends removed
- 2 tomatoes, washed and diced, or a 16-ounce can of diced tomatoes, drained
- ½ head cabbage, shredded
- 2 cups fresh, frozen, or canned corn (drained)
- 1 onion, sliced
- 1 Tablespoon vegetable oil
- ½ teaspoon dried oregano or 1 teaspoon fresh oregano

Directions:

1. Heat oil in frying pan. Add onion and cook until soft, about 5 minutes.
2. Add all vegetables except tomato and oregano.
3. Cook over medium heat for 5 to 7 minutes or until tender. Add chopped tomatoes at the last minute of cooking. Stir occasionally.

Add sliced yellow, orange, and red peppers to this recipe.



Always wash your hands before preparing food

Makes: 4 servings

Serving size: ½ cup

Ingredients:

- 2 Tablespoons vegetable oil
- ¼ cup onion, chopped
- 2 tomatoes, washed and diced, or one 16-ounce can of diced tomatoes, drained
- 1 garlic clove, chopped
- 2 medium zucchini, washed, and diced
- 1 teaspoon sugar
- black pepper to taste

Directions:

1. Heat oil in a saucepan over medium heat.
2. Add onion and garlic. Cook until tender, about 5 to 7 minutes.
3. Add zucchini, tomatoes and seasonings.
4. Cover pan and reduce heat.
5. Cook until vegetables are tender, about 20 minutes.

Serve on top of baked fish or chicken.





Always wash your hands before preparing food

Makes: 9 muffins
Serving size: 1 muffin

Ingredients:

- | | |
|--------------------------|--|
| 1¼ cups flour | 1 egg, slightly beaten |
| ¼ cup sugar | 2 Tablespoons margarine, melted |
| 1 teaspoon baking powder | ½ teaspoon vanilla extract, optional |
| ½ teaspoon baking soda | ¾ cup low-fat buttermilk or plain low-fat yogurt |
| 1 cup berries, washed | |
| Cooking oil spray | |

Directions:

1. Heat oven to 400 degrees. Spray muffin tin with cooking oil spray.
2. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk or yogurt, margarine, egg, and vanilla, if used.
4. Pour this mixture into the dry ingredients and stir just until mixed.
5. Mix in berries, and spoon batter evenly into 9 muffin cups.
6. Bake 20 to 25 minutes or until golden brown.

Use ½ whole wheat flour. Use paper muffin liners to make clean-up easier.



Always wash your hands before preparing food

Makes: 16 servings
Serving size: ¼ cup

Ingredients:

- 2 peaches, washed, peeled, and chopped
- ½ red bell pepper, washed and chopped
- ½ cucumber, washed, seeded, and chopped
- 2 green onions, washed and sliced
- 2 jalapeño peppers, washed, seeded, and finely chopped
- 2 Tablespoons honey
- 1 lime, juiced

Directions:

1. In a large bowl, combine all ingredients.
2. Cover, and chill in refrigerator.

Serve with baked tortilla chips.





Always wash your hands before preparing food

Makes: 6 servings
Serving size: 1 cup

Ingredients:

- | | |
|---|--|
| 1 Tablespoon vegetable oil | 1 carrot, washed, peeled and grated |
| 2 small onions, chopped | 6 cups low-sodium chicken or vegetable broth |
| 2 cloves garlic, chopped | |
| ¼ teaspoon salt | |
| 2 sweet potatoes, washed, peeled, and diced | |

Directions:

1. In a large pot over medium heat, add oil, onions, garlic, and salt.
2. Cook, stirring occasionally, until onions are soft, about 3 minutes.
3. Add sweet potatoes, carrots, and broth.
4. Turn the heat to medium-high and bring to a boil.
5. Lower the heat to low and cook until potatoes and carrots are soft.
6. Divide soup into 6 bowls.

For a smooth soup, blend in batches in blender. For a chunkier soup, serve as is.



Always wash your hands before preparing food

Makes: 4 servings
Serving size: ½ cup

Ingredients:

- 3 beets, washed, peeled and cubed
- 3 carrots, washed, peeled and sliced
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- ½ teaspoon black pepper
- Cooking oil spray
- 2 Tablespoons maple syrup or honey

Directions:

1. Preheat oven to 450 degrees.
2. Mix vegetables, oil, salt, and pepper in a large bowl.
3. Coat a large baking pan with cooking oil spray.
4. Add vegetables to baking dish.
5. Bake for 20 minutes.
6. Stir in maple syrup or honey, and return to oven for another 20 minutes or until vegetables are soft.

Roasting vegetables brings out their natural sweetness.





Always wash your hands before preparing food

Makes: 6 servings
Serving size: 1 cup

Ingredients:

- | | |
|---|--|
| 2 Tablespoons orange juice concentrate, defrosted | 1 red or green sweet pepper, washed, seeded, and chopped |
| 1 apple, washed, cored, and diced | 1 Tablespoon reduced-fat mayonnaise |
| ½ head cabbage, washed, and shredded | ½ cup plain, low-fat yogurt |
| 1 small red onion, finely chopped | ½ teaspoon dry mustard |
| 3 Tablespoons raisins | ⅛ teaspoon paprika |
| | ⅛ teaspoon black pepper |

Directions:

1. In a large bowl, stir together orange juice concentrate and diced apple.
2. Add cabbage, onion, chopped pepper, and raisins.
3. In a small bowl, stir together mayonnaise, yogurt, mustard, paprika, and black pepper to make dressing.
4. Add dressing to vegetable mixture and mix well.
5. Cover tightly and refrigerate until ready to serve.

Makes a delicious colorful salad to serve with beef, chicken, or pork.



Always wash your hands before preparing food

Makes: 6 servings
Serving size: ½ cup

Ingredients:

- 3 sweet potatoes, washed and peeled
- 2 Tablespoons vegetable oil
- Salt and black pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Cut sweet potatoes into ¼ inch slices.
3. In a large bowl, toss slices in oil until coated.
4. Sprinkle with salt and pepper.
5. Spread in a single layer on a baking sheet.
6. Bake until tender and golden brown, about 20 minutes, turning once to bake evenly.

A healthy alternative to French fries.





Apple Crisp

Chef Randy Stahl • Baltimore, Md.

Serves 10, 1 piece (1/10 of crisp) per serving

Prep time: 15 minutes • Cook time: 40 minutes

Ingredients

- 5 medium apples
- 3/4 cup light brown sugar, packed and divided
- 1/2 cup whole wheat flour, divided
- 1/2 teaspoon ground cinnamon
- Non-stick cooking spray
- 1/2 stick (2 ounces) cold, unsalted butter
- 1 1/2 cups quick oats

Optional Ingredients

- 1/4 teaspoon ground nutmeg

Directions

1. Preheat oven to 350°F.
2. Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apple that contains the seeds. Do not peel.
3. Place apples cut side down. Use a sharp knife to cut apples into 1/8-inch slices.
4. In a large bowl, combine sliced apples, 1/4 cup of brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg, if using. Mix well.
5. Spray baking dish with non-stick cooking spray.
6. Pour apple mixture into baking dish. Spread evenly.
7. Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats, and butter. Mix with hands until crumbly.
8. Spread oat and flour mixture over apple mixture. Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly.
9. Let sit for 15–20 minutes before serving.

Learn more at CookingMatters.org

NOKIDHUNGRY

Asian Chicken Salad

Chef Barb Hughes • Bloomfield Hills, Mich.

Serves 4, 2 cups per serving

Prep time: 25 minutes • Cook time: 10 minutes

Directions

1. Remove skin and trim any excess fat from chicken thighs. In a large pot over high heat, add chicken and cover with water. Bring to a simmer. Reduce heat to maintain a simmer. Cook until a food thermometer inserted in the thickest part of a thigh without touching the bone reads 165°F, about 10 minutes. Transfer to a plate and let cool. While the chicken cooks and cools, prepare rest of salad.
2. Rinse lettuce. Pat dry. Tear into bite-size pieces.
3. Rinse bell pepper. Remove core and seeds. Cut into bite-size pieces.
4. Rinse apple. Cut into thin slices. Then, cut slices into matchsticks.
5. Rinse snow peas. Slice thinly on the diagonal.
6. Drain mandarin oranges, reserving juice.
7. In a large bowl, add peanut butter, oil, soy sauce, vinegar, and 1 Tablespoon reserved mandarin orange juice. Mix until well blended.
8. When the chicken is cool, shred with two forks.
9. Add lettuce, bell pepper, apple, snow peas, drained mandarin oranges, and chicken to bowl with dressing. Toss to coat. If using almonds, sprinkle on top of salad now.



Ingredients

Salad

- 4 bone-in chicken thighs, about 1 1/2 pounds
- 1 medium head romaine lettuce
- 1 medium red bell pepper
- 1 small apple
- 8 snow peas
- 1 (10-ounce) can mandarin oranges, packed in juice

Dressing

- 2 Tablespoons peanut butter
- 2 Tablespoons canola oil
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons distilled white vinegar

Optional Ingredients

- 1/4 cup slivered almonds

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Ingredients

- 6 cups fresh spinach
- 3 large eggs
- 1/3 cup dried cranberries
- 5/8 cup Parmesan cheese, grated
- 1/4 cup canola oil
- 1 Tablespoon vinegar (any type)
- 1 Tablespoon honey
- 1/4 teaspoon salt

Spinach Salad with Eggs

Adapted from "Cooking Time Is Family Time" by Lynn Fredericks

Serves 5, 1 1/4 cups per serving

Prep time: 20 minutes • Cook time: 10 minutes

Directions

1. Wash and dry spinach. Remove stems. Tear leaves into bite-sized pieces.
2. In a medium pot, add eggs. Cover with cold water by one inch. Bring just to a boil. Cover and remove from heat right away. Let sit 15 minutes. Remove eggs. Plunge into cold water to help cool. This will make it easier to peel shells.
3. Peel and slice eggs. Chop slices.
4. In a large bowl, add spinach, eggs, and dried cranberries. Sprinkle cheese on top.
5. In a jar, add oil, vinegar, honey, and salt. Cover tightly with lid. Shake well.
6. Just before serving, drizzle dressing over salad. Toss to coat spinach leaves.



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MATTERS**
NO KID HUNGRY

Learn more at CookingMatters.org

NOKIDHUNGRY

Frittata

Chef Arthur Birnbaum • Ithaca, N.Y.

Serves 8, 1 slice per serving

Prep time: 15 minutes • Cook time: 55 minutes

Directions

1. Preheat oven to 350°F.
2. Rinse and cut seasonal veggies evenly into small pieces. Peel, rinse, and dice onions. If using, slice mushrooms and rinse and chop fresh herbs.
3. Grate cheddar cheese.
4. Bring a large pot of water to boil. Add seasonal veggies to boiling water. Briefly boil, about 30 seconds. Using a colander, drain the veggies.
5. In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.
6. Coat medium skillet with non-stick cooking spray. Heat over medium-high heat. Add onions and cook until soft, about 5 minutes. If using mushrooms, add now. Add boiled seasonal veggies. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.
7. Coat 9-by-13-inch baking dish with non-stick cooking spray.
8. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt, and pepper.
9. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F.
10. If using, garnish with chopped fresh herbs.
11. Cut into 8 equal-size portions.



Ingredients

- 1 1/2 pounds seasonal vegetables, such as broccoli, carrots, turnips, or bell peppers
- 2 medium onions
- 4 ounces low-fat cheddar cheese
- 12 medium eggs
- 1 teaspoon dried dill, thyme, or oregano
- Non-stick cooking spray
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Optional Ingredients

- 8 ounces mushrooms
- 1/4 cup fresh parsley, thyme, or basil leaves

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Maryland 2014 Farmers' Markets

ALLEGANY COUNTY

Cumberland

100 Baltimore Street, Cumberland, 21502
Downtown Cumberland Pedestrian Mall

Thursday: 9:30am - 2pm, May-October

Chesapeake & Ohio Canal National Historic Park

Saturday: 9:30am - 1pm, April-October

Frostburg

14 S. Water Street, Frostburg, 21532

City Place

Friday: 9:30am - 12:30pm, June-October

LaVale

1262 Vocke Road, LaVale, 21502

Country Club Mall, Center Court

Tuesday: 9:30am - 2pm, June-October

ANNE ARUNDEL COUNTY

AAMC

2001 Medical Parkway, Sajak Pavilion,
Annapolis, 21401

Friday: 11 am - 2pm, June - August

Annapolis Westfield Mall

Rt. 50 East & Jennifer Road, Annapolis, 21401

Corner of Bestgate & Generals Highway

Sunday: 10am - 2pm, May-October

Sunday: 10am - 2pm, January-April,
every other Sunday

Deale

5965 Deale-Churchton Road, Deale, 20751

Cedar Grove UMC parking lot

Thursday: 3pm - 6pm, July-October

Department of Natural Resources

580 Taylor Avenue, Annapolis, 21401

DNR parking lot off Taylor Avenue

Thursday: 3pm - 6pm, June-September

FRESHFARM Annapolis

Donner Parking Lot, Compromise Street,
Annapolis, 20003

Sunday: 8:30 am - noon, April-November

Healthy Markets - Saturday

300 Hospital Drive, Glen Burnie, 21061

Baltimore-Washington Medical Center

(Executive Center)

Saturday: 9am - 1pm, June-October

Healthy Markets - Thursday

1140 Reece Road, Severn, 21144

Thursday: 2pm - 7pm, June-October

Piney Orchard

2400 Stream Valley Drive, Odenton, 21113

Piney Orchard Community & Visitors Center

parking lot

Wednesday: 2pm - 6:30pm, June-November

Riva

Riva Road & Harry S Truman Parkway,
Annapolis, 21401

Saturday: 7am - noon, April-December

Tuesday: 7am - noon, May-October

Severna Park

Ritchie Highway & Jones Station Road,

Severna Park, 21012

Park n' Ride at Ritchie Hwy & Jones Station Road

Saturday: 8am - noon, April-November

BALTIMORE COUNTY

Arbutus

5200 Southwestern Boulevard, Arbutus, 21227

Arbutus Volunteer Fire Dept. parking lot

Thursday: 2:30pm - 6:30pm, June-August

Boordy

12820 Long Green Pike, Hydes, 21082

Thursday: 4pm - 8pm, May-September

Catonsville - Sunday

730 Frederick Road, Catonsville, 21228

Behind Friendly's

Sunday: 10am - 1:30pm, May-November

Catonsville - Wednesday

106 Bloomsbury Avenue, Catonsville, 21228

Bloomsberg Community Center

Wednesday: 10am - 1pm, May-November

Dundalk

Shipping Place at Dunmanway, Dundalk, 21222

Saturday: 7am - 12:30pm, June-November

East Point

7839 Eastern Avenue, Baltimore, 21224

Eastpoint Mall, 7839 Eastern Avenue

Wednesday: 10am - 2pm, June-October

Fairgrounds

2200 York Road, Lutherville-Timonium, 21093

MD State Fairgrounds Main Gate

Wednesday: 10am - 1pm, June - October

Green Spring Station

10751 Falls Road, Baltimore, 21093

Green Spring Station - North Parking Lot

Saturday: 2pm - 6pm, May-November

Kenilworth

800 Kenilworth Drive, Towson, 21204

Shops at Kenilworth

Tuesday: 3:30pm - 6:30pm, April-November

Pikesville

1700 Reisterstown Road, Pikesville, 21208

Office Depot parking lot

Tuesday: 2pm - 6pm, May-October

Randallstown

8604 Liberty Road, Randallstown, 21133

Wednesday: 12pm-5pm, June-October

Reisterstown

360 Main Street, Reisterstown, 21136

Sunday: 10am-2pm June-October

Towson

17 Alleghany Avenue, Towson, 21204

Between York Road & Washington Avenue

Thursday: 11am - 3pm, June-November

Market listing information is accurate as of March 24, 2014.
For the most up-to-date information about markets please visit:
www.marylandfma.org or ask your local WIC clinic.

White Marsh

8115 Honeygo Boulevard, Nottingham, 21236
Friday: 10am - 1pm, July-November

Woodlawn

6410 Security Boulevard, Baltimore, 21207
Woodlawn AMF Bowling Lanes
Thursday: 10:30am - 1:30pm, July-September

BALTIMORE CITY

Baltimore Museum of Industry

1415 Key Highway, Baltimore, 21230
Saturday: 9am - 1pm, May-October

Canton

1300 South Ellwood Avenue, Baltimore, 21224
Near Canton Park
Sunday: 8am-12pm, June-September

Cross Keys

5100 Falls Road, Baltimore, 21210
Parking lot of Village of Cross Keys Shopping Center
Wednesday: 10am - 2pm, June-October

Druid Hill

3100 Swann Drive, Baltimore, 21217
Wednesday: 3:30pm - 7:30pm,
June-September

Fell's Point

800 S Broadway, Baltimore, 21231
Broadway Square
Saturday: 7:30am - 12:30pm, May-November

Go Life / Cylburn

4915 Greenspring Avenue, Baltimore, 21209
Saturday: 9am - 1pm, June-November

Govanstowne

5104 York Road, Baltimore, 21212
Wednesday: 3pm - 7pm, June-September

Highlandtown

3428 Bank Street, Baltimore, 21224
Parking lot on Highland Avenue
Thursday: 4pm - 8pm, June-November

Howard Park

3400 Block Woodbine Avenue, Baltimore, 21207
Between Gwynn Oak & Liberty Heights Avenues
Saturday: 7:00am - 1pm, May-November

JFX

Saratoga Street between Holliday & Gay Streets,
Baltimore, 21202
Under JFX Viaduct
Sunday: 7am - noon, April-December

JHU

1900 McElderry Street, Baltimore, 21205
McElderry Street Walkway
Thursday: 10am - 2pm, May-November

Pratt Street

100 Light Street, Baltimore, 21201
*Pratt & Light Plaza, outside of the Transamerica
building on Pratt Street*
Thursday: 11am-2pm, May-October

Park Heights

5201 Park Heights Avenue, Baltimore, 21215
Pimlico Racetrack
Wednesday: 9am-2:30pm, June-November

Remington


2600 N. Howard Street, Baltimore, 21218
Thursday: 3pm-7pm, June-October

State Center

300 West Preston Street, Baltimore, 21201
Wednesday: 10am - 2pm, May-November

Tuesday Market in Lauraville

4500 Harford Road, Baltimore, 21214
Next to Safeway
Tuesday: 4pm - 8pm, June-October



A Survey of the Health of Mothers and Babies in Maryland

Una Encuesta Sobre la Salud de las Madres y los Bebés en Maryland

Your help is greatly appreciated.

For further information, please call the PRAMS toll-free line: 1-877-363-0480

MARYLAND PRAMS
Maternal and Child Health Bureau
Maryland Department of Health and Mental Hygiene
201 W. Preston Street, 3rd Floor
Baltimore, MD 21201
www.marylandprams.org

If you receive a PRAMS survey in the mail, please take a few minutes to fill it out and send it in. Your answers are important and can help make Maryland a healthier place for mothers and babies.

For more information, please visit the PRAMS website at:
www.marylandprams.org

MARYLAND PRAMS
Pregnancy Risk Assessment Monitoring System
www.marylandprams.org

UMMC

Plaza Park, Corner of Paca & Baltimore Streets,
Baltimore, 21201

Tuesday: 10am - 2:30pm, May-November

32nd Street - Waverly

400 E. 32nd Street, Baltimore, 21218

Saturday: 7am - noon, Year round

CALVERT COUNTY

Calvert County - Barstow

140 Calvert Fair Drive, Prince Frederick, 20678

Calvert County Fairgrounds

Saturday: 7:30am-12pm, May-November

Calvert County - Prince Frederick

130 Hospital Road Lot D, Prince Frederick, 20678

Calvert Memorial Hospital

Tuesday: 3pm - 7pm, May-November

Calvert County - Solomons

Solomons Riverwalk north of Pavilion,
Prince Frederick, 20688

Adjacent to Solomons Island Rd.

Thursday: 4pm - 8pm, May-November

North Beach

5th & Bay Avenue, North Beach, 20714

Friday: 6pm - 9pm, May-October

CAROLINE COUNTY

Denton St. Luke's

100 S. Fifth Avenue, Denton, 21629

St. Luke's United Methodist Church

Franklin Street & 5th Avenue

Tuesday: 8am - noon, June-October

Federalsburg Farmer & Flea Market

Morris Avenue, Federalsburg, 21632

Town Parking Lot across from US Post Office

Saturday: 8am-1pm, April-November

CARROLL COUNTY

Carroll County - Ag Center

706 Agricultural Center Drive, Westminster, 21157

Saturday: 8am - 2pm, March-December

Carroll Hospital Center

200 Memorial Avenue, Westminster, 21157

Thursday: 12:30pm-4:30pm, June-September

Downtown Westminster Saturday

Railroad Avenue (MD27) & Emerald Hill Lane,
Westminster, 21157

Conaway parking lot

Saturday: 8am - noon, May-November

Hampstead

1341 N. Main Street, Hampstead, 21074

Hampstead Volunteer Fire Department

Saturday: 9am - noon, June-September

Mt. Airy

5 Park Avenue, Mt. Airy, 21771

*Municipal parking lot between Veterans Lane
& Cross Street*

Wednesday: 3:30pm - 6:30pm, May-September

Taneytown

Memorial Park Rt. 140, Taneytown, 21787

Saturday: 9am - noon, June-September

Westminster Antique Mall Tuesday

Rt. 27 & Hahn Road, Westminster, 21157

Antique Mall parking lot

Tuesday: 2pm - 5pm, May-October

CECIL COUNTY

Cecil County

308 South Main Street, North East, 21901

North East United Methodist Church parking lot

Friday: 2pm - 6pm, May-October

Perryville

Broad Street & Roundhouse Drive,
Perryville, 21903

Friday: 3pm-7pm, May-October

CHARLES COUNTY

La Plata

305 Queen Anne Street, La Plata, 20646

Court House parking lot

Saturday: 8am - 3pm

Wednesday: 8am - 3pm

Waldorf

10400 O'Donnell Place, St. Charles, 20603

O'Donnell Street & St. Patrick's Drive in St. Charles

Saturday: 9am - 1pm, May-December

Wednesday: 1pm - 3pm, May-December

DORCHESTER COUNTY

Cambridge Thursday

505 Poplar Street, Cambridge, 21613

Long Wharf Park

Thursday: 3pm - 6pm, May-October

FREDERICK COUNTY

Dublin Roaster

1780 N. Market Street, Frederick, 21701

Dublin Roasters Coffee Shop

Sunday: 10am - 1pm, May-September

Emmitsburg

302 South Seton Avenue, Emmitsburg, 21727

Friday: 3pm - 6:30pm, June-September

Everedy Square

East & East Church Streets, Frederick, 21701

Thursday: 3pm - 6pm, June-October

Frederick City

331 N. Market Street, Frederick, 21701

Sunday: 9am-1pm, May-October

Fort Detrick

810 Schreider Street, Frederick, 21702

Building 549 Parking Lot (open to everyone)

Tuesday: 11am - 1:30pm, June-October

GRACE Farmers' Market

9380 Butterfly Lane, Frederick, 21703

Friday: 3pm - 6pm, May-November

Great Frederick Fair

797 E. Patrick Street, Frederick, 21701

Saturday: 8am - 2pm

Middletown

12 South Church Street, Middletown, 21769

Thursday: 4pm - 7pm, May-October

Thurmont

East Main Street & Boundary Avenue,
Thurmont, 21788

*Guardian Hose Company Carnival Grounds,
Boundary Avenue*

Saturday: 9am - noon, June-September

Urbana

9020 Amelung Street, Frederick, 21704

Urbana Library

Sunday: 12pm - 3pm, May-October

West Frederick

110 Baughman's Lane, Frederick, 21701

Saturday: 10am - 1pm, May-November

GARRETT COUNTY

Oakland

East Oak Street at South 1st Street,
Oakland, 21550

Saturday: 10am - 1pm, June-October

Wednesday: 10am - 1pm, June-October

HARFORD COUNTY

Bel Air - Saturday

2 S. Bond Street, Bel Air, 21014

Mary Risteau Building parking lot

Saturday: 7am - 11am, April-November

Bel Air - Tuesday

33 Main Street, Bel Air, 21014

Parking lot next to the Tower Restaurant

Saturday: 7am - 11am, April-November

Edgewood

Intersection of Edgewood Road (SR 755)

& Old Edgewood Road, Edgewood, 21040

Edgewood MARC Train Station

Thursday: 3pm - 6pm, May-October

Havre de Grace

Pennington Avenue between Washington Street
& Union Avenue, Havre de Grace, 21078

Saturday: 9am - 12pm, May-November

HOWARD COUNTY

Howard County - Glenwood

2350 Route 97, Glenwood, 21738

Saturday: 9am - 12:30pm, May-November

Howard County - Oakland Mills

5851 Robert Oliver Place, Columbia, 21045

Oakland Mills Village Center

Sunday: 9am - 1pm, May-November

Howard County - East Columbia

6600 Cradlerock Way, Columbia, 21045

Howard County Library - East Columbia Branch

Thursday: 2pm - 6pm, May-November

Howard County - Hospital

5755 Cedar Lane, Columbia, 21044

Howard County General Hospital

Friday: 2pm - 6pm, May-November

Howard County - Miller Branch

9421 Frederick Road, Ellicott City, 21042

Howard County Library - Miller Branch

Wednesday: 2pm - 6pm, May-November

KENT COUNTY

Chestertown - Saturday

Park Row at the Fountain Park,

Chestertown, 21620

Saturday: 8am - noon, Year round

MONTGOMERY COUNTY

Burtonsville

2410 Spencerville Road, Burtonsville, 20868

Corner of Peach Orchard Road

Sunday: 10am - 2pm, April-October

Bethesda Central Farm Market

7600 Arlington Road, Bethesda, 20814

At Old Georgetown Road

Sunday: 9am - 1pm, Year round

Pike Central Farm Market

11561 Old Georgetown Road, Rockville, 20852

Saturday: 9am - 2pm, April-December

Clarksburg

23315 Frederick Road, Clarksburg, 20871

Public House Road & Clarksburg Road

Sunday: 10am - 1pm, June-October

Crossroads

1021 University Boulevard, Takoma Park, 20912

Anne Street at University Blvd, across from Rite Aid

Wednesday: 11am - 3pm, June-November

Damascus

25921 Ridge Road, Damascus, 20872

Damascus High School

Thursday: 3:30 pm - 6:30 pm, May-October

Essex House

7777 Maple Avenue, Takoma Park, 20912

Saturday: 12pm-3pm, May-November

FRESHFARM Silver Spring

Ellsworth Drive between Fenton & Georgia

Avenues, Silver Spring, 20910

Saturday: 9am - 1pm, Year round

Fulks Corner

Corner of Fulks Corner Avenue & MD Rt. 355,

Gaithersburg, 20877

Thursday: 1pm - 6pm, May-November

Gaithersburg Main Street

301 Main Street, Gaithersburg, 20878

Kentlands

Saturday: 10am - 2pm, May-November

Kensington

3701 Howard Avenue, Kensington, 20895

Train Station parking lot

Saturday: 8am - noon, Year round

Montgomery Farm Women's Co-op Market

7155 Wisconsin Avenue, Bethesda, 20814

Wednesday, Friday, & Saturday: 7am - 4pm,
Year round

Montgomery Village

9801 Centerway Road, Montgomery

Village, 20886

Saturday: 9am - 1pm, June-October

Olney

2801 Olney Sandy Spring Road, Olney, 20832

General Hospital Thrift Shop Grounds

Sunday: 9am - 1pm, May-November

Poolesville

19701 Fisher Avenue, Poolesville, 20837

Whalen Commons

Friday: 4pm - 8pm, June-September

Potomac Village

9908 South Glen Road, Potomac, 20854

Thursday: 2pm - 6:30pm, May-November

Rockville - Saturday

Route 28 & Monroe Street, Rockville, 20850

Jury Parking Lot

Saturday: 9am - 1pm, May-November

Wednesday: 11am - 2pm, June-September

Shady Grove

9601 Brochart Road, Rockville, 20850

Enter from Key West Avenue

Wednesday: 11am-2pm, May-October

Takoma Park

Laurel Avenue between Carroll & Eastern

Avenues, Takoma Park, 20913

Sunday: 10am - 2pm, Year round

Wheaton-Layhill

2200 Bel Pre Road, Silver Spring, 20902

Plaza del Mercado

Saturday: 9am - 1pm, May-September

White Oak

11501 Columbia Pike, Silver Spring, 20904

Corner of Stewart Lane, opposite

Bank of America

Saturday: 10am - 2pm, May-November

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Go to: diabetes.org/risktest

White Oak Middle School

12201 N. Hampshire Avenue, Silver Spring, 20904
Saturday: 10am-2pm, May-October

PRINCE GEORGE'S COUNTY

Bowie

15200 Annapolis Road, Bowie, 20715
Adjacent to Bowie Center for Performing Arts
Sunday: 8am - noon, May-October

Branch Avenue in Bloom

3737 Branch Avenue, Temple Hills, 20748
Iverson Mall
Saturday: 9am - 2pm, April-November

Cheverly

6401 Forest Road, Cheverly, 20785
At the Community Center
Saturday: 8am - noon, May-November

College Park

5211 Paint Branch Parkway, College Park, 20740
Sunday: 10am - 2pm, April-November

Downtown College Park

4500 Knox Road, College Park, 20740
Sunday: 10am - 2pm, April-November

FM at Maryland (College Park)

1115 Eppley Recreation Center,
College Park, 20742
Front of Cole Student Activities Building
Wednesday: 11am - 3pm, April-November

Freedom

10905 Livingston Road, Fort Washington, 20744
Freedom Manor
Wednesday: 2pm - 7pm, May-October

Greenbelt

25 Crescent Road, Greenbelt, 20770
*Roosevelt Center West Parking Lot, Crescent Road
& Southway Drive*
Sunday: 10am - 2pm, May-November

Hyattsville

3505 Hamilton Street, Hyattsville, 20782
Tuesday: 2pm - 6pm, June-October

Hollywood Shopping Center

9803 Rhode Island Avenue, College Park, 20782
Next to REI
Saturday: 9am-1pm, April-November

Laurel

300 Main Street, Laurel, 20707
Thursday: 9am - 2pm, June-October

Montpelier

1720 Crain Highway North,
Upper Marlboro, 20774
Saturday: 9am - 1pm, May-November

Mt. Rainier

One Municipal Place, Mt. Rainier, 20712
3200 Rhode Island Avenue
Saturday: 10am - 2pm, May-November

National Harbor

200 Waterfront Street, Oxon Hill, 20745
*Waterfront Street & Fleet Street, across from
Gaylord National Resort & Convention Center*
Saturday: 10am - 4pm, May-October

Riverdale Park

4650 Queensbury Road, Riverdale Park, 20737
MARC Rail Station parking lot
Thursday: 3pm - 7pm, April-December

Seat Pleasant

6001 Addison Road, Seat Pleasant, 20743
Next to Goodwin Park
Thursday: 4pm - 7pm, May-October

St. Thomas Church

14300 St Thomas Church Road,
Upper Marlboro, 20772
St. Thomas Croom Church parking lot
Saturday: 8am - noon, June-September

Suitland

4508 Suitland Road, Suitland, 20746
Parking lot of Suitland Technology Center
Tuesday: 12pm-5pm, June-November

USDA Beltsville

5601 Sunnyside Avenue, Parking Lot B,
Beltsville, 20705
Thursday: 10am - 2pm, April-November

Have questions about Car Seat Safety??

What's the law about Car Seats?

What's the best car seat for my baby?

Where can I get a car seat for my child?

Is there a seat check near me?

Maryland Kids In Safety Seats has answers!

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e-mail: dhmh.kiss@maryland.gov

website: www.mdkiss.org

KISS Skype: **MDKISS2**

MARYLAND Department of Health and Mental Hygiene

MARYLAND KISS KIDS IN SAFETY SEATS

Maryland Highway Safety Office

QUEEN ANNE'S COUNTY

Centreville

101 Lawyers Row, Queen Anne's, 21617
Lawyers Row & Commerce Street

Wednesday: 3pm - 7pm, April-October

Saturday: 9am-1pm, April-October

Kent Island

830 Romancoke Road, Stevensville, 21666

Thursday: 3:30 - 6:30pm, Year round

SOMERSET COUNTY

Princess Anne Shore Fresh

30510 Washington Street, Princess Anne, 21853
Somerset Avenue & Washington Street

Thursday: 3pm - 6pm, May-November

Crisfield Elk's Lodge

4410 Crisfield Highway, Crisfield, 21817

Friday: 3pm-6pm, March-October

ST. MARY'S COUNTY

Home Grown Farm Market

21078 Three Notch Road, Lexington Park, 20653

Saturday: 9am - 1pm, May-December

Tuesday: 9am - 1pm, June-August

North St. Mary's

37600 New Market Road, Charlotte Hall, 20622
Charlotte Hall Library

Saturday: 8am - 6pm, May-November

California

22810 Three Notch Road,
Lexington Park, 20653

BAE Systems parking lot

Saturday: 9am - 1pm, May-October

TALBOT COUNTY

Easton

Town Parking lot off Harrison Street,
Easton, 21601

Saturday: 8am - 1pm, April-December

Wednesday: 8am - 1pm, June-September

FRESHFARM St. Michael's

Muskrat Park on the Harbor, at Willow & Green
Streets, St. Michael's, 21663

Saturday: 8:30am - 11:30am, April-October

WASHINGTON COUNTY

Hagerstown

25 West Church Street, Hagerstown, 21740

Large building behind the downtown post office

Saturday: 5am - 1pm, Year round

Meritus Medical Center

11116 Medical Campus Road,
Hagerstown, 21742

*At the "Robin's Nest" inside Robinwood
- use the silver or blue entrance*

Tuesday: 2pm - 5pm, May-October

Washington County - Elks Lodge

11063 Robinwood Drive, Hagerstown, 21740

Elks Lodge No. 378

Across the street from Robinwood Medical Center

Wednesday: 3pm - 6pm, May-October

WICOMICO COUNTY

Camden

1401 Camden Avenue, Salisbury, 21801
Asbury Church parking lot

Tuesday: 2:30pm - 6pm, Year round

Salisbury Shore Fresh - Saturday

300 E. Market Street, Salisbury, 21801

Parking Lot 16 (at river in downtown Salisbury)

Saturday: 8am - 1pm, May-November

WORCESTER COUNTY

Berlin

200 N. Main Street, Berlin, 21811

N. Main & West Streets - Downtown Historic Berlin

Friday: 10am - 3pm, Year round

Wednesday: 2pm - 6pm, April-October

Ocean City

142nd Street & Coastal Highway,
Ocean City, 21849

Phillips Restaurant parking lot

Saturday & Sunday: 8am - 1pm, May-October

Tuesday & Thursday: 8am - 1pm, June-
September

Ocean Pines Green Market

239 Ocean Parkway, Ocean Pines, 21811

White Horse Park

Saturday: 8am - noon, May-October

Snow Hill

210 W. Green Street, Snow Hill, 21863

Fire Station parking lot

Thursday: 12pm - 5pm, May-September

West Ocean City

8816 Stephen Decatur Highway, Berlin, 21811

Friday & Saturday: 4pm - 8pm, May-August

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healthy relationship.
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The National Domestic Violence
HOTLINE
1-800-799-SAFE (7233)

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