

Nevada WIC Farmers Market Nutrition Program



What are Farmers' Markets?

Farmers' Markets are a place where farmers come together on one or more days a week to sell their produce directly to the public. This produce is incredibly fresh, nutritious and supports local farmers and communities.



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How Do I Choose Fruits & Vegetables?

Pick fruits and vegetables that have smooth, unbruised or blemished skin. Ask yourself how the item smells and feels. Does it look like you would want to eat it?

- Fruits– Should be smooth and firm with a light, sweet smell
- Vegetables– Should be firm and crisp, with even coloring



Remember to wash your fruits and vegetables before eating

- Wash your hands before and after handling fresh vegetables
- Be sure to wash fruit and vegetables before cutting or peeling
- Place cut or peeled fruits and vegetables in the fridge as soon as possible for better storage



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Tips for Enjoying Fruits & Vegetables

Fruits:

- Serve fruit with a yogurt dipping sauce, peanut butter or enjoy by itself.
- Blend fruit with juice or low-fat milk to make a healthy fruit smoothie.
- Top breakfast cereal or pancakes with sliced fruit or berries.

Vegetables:

- Enjoy vegetables with low-fat salad dressing, salsa or cheese for a healthy snack.
- Add cut or shredded vegetables to main meals to add color, crunch and nutrition.
- Add pureed or chopped vegetables to sauces and soups.



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