



Fabulous Fruits



Now that summer is here, we have a huge variety of delicious fresh fruits from which to choose! You probably have some favorites among the seasonal summer fruits: apricots, berries, cherries, mangos, melons, nectarines, peaches...

Nothing compares to eating a fresh ripe, juicy peach, just picked from the tree or purchased that morning at the farmers market! But there are so many ways to enjoy summer fruits, including in salads, salsas, smoothies, popsicles, homemade ice cream... Check out wichealth.org's *Health eKitchen* for some great ideas!

Besides pure enjoyment, we get so many health benefits from fruits too. They provide nutrients we need for good health, including dietary fiber, potassium, vitamin C, and folate. Focus on whole fruits -- fresh, canned, frozen, or dried -- instead of juice, to get the dietary fiber benefits.

We should all be eating 1 ½ to 2 cups of fruits every day! Here are some suggestions for making sure everyone in your family gets enough of this essential and tasty food group:

- Buy fresh fruits in season when they may be less expensive and are at their peak of flavor.
- Keep a bowl of whole fruit on the counter or in the fridge.
- For breakfast, top your cereal with bananas, berries or peaches. Add berries to pancakes. Mix fresh fruit with yogurt.
- For lunch, pack a tangerine, apple, or grapes. Try a peanut butter and banana sandwich!
- At dinner time, add fruit to your salads. Try some fruit salsa on fish or a burrito.
- Fruits make great snacks! The natural sugar they contain makes them a favorite healthy snack for kids and adults.
- Be a good role model. Set a good example by eating fruit every day.
- Keep fruits safe. Always rinse fruits under running water before preparing or eating them.

Enjoy some of *Health eKitchen's* fabulous fruit recipes!

Health eKitchen Featured Recipes

This month's featured recipes star none other than our favorite fruits! Enjoy refreshing ways to prepare watermelon, bananas, mangoes, oranges, berries, and more. As an added bonus, all six recipes are

also No Cook.

Click on the images below to see the recipe in *Health eKitchen*.





Super Fruit and Veggie Popsicles



Mixed Fruit Yogurt Smoothie

New Videos For Your Clients



We are excited to announce that we recently completed two new videos for you to share with your clients.

"This is wichealth" is designed to allow you to introduce wichealth to your participants. While "Creating Your Client Account" is an instructional video and includes screen shots capturing the process of creating an account on wichealth. Both videos are available in English and Spanish and can be played in your waiting room, added to your website, or emailed to clients.

Click the images below to watch or download.

Video - "This is wichealth"





wichealth.org

**Nutrition education
at your fingertips.**

This is wichealth - English



wichealth.org

**Educación nutricional
a su alcance.**

This is wichealth - Spanish

Video - Creating Your Client Account





Let's take a Tour
Creating Your Client Account

Creating Your Client Account - English



Creating Your Client Account - Spanish

HELP DESK STATISTICS

FIRST REPLY TIME

June
4.03

May
3.86

SATISFACTION RATING

During the month of June, our help desk had a 98% satisfaction rating as compared to 96% in May

Our Helpdesk tracks the satisfaction of both WIC staff and clients after using our service.

"I didn't receive the welcome email due to my bad mailbox while the security question is forgotten. So I couldn't log in to my account. Thank you for Stephanie's reaching out. It was fast and efficient." -

Utah

"I appreciated the information explaining that the WIC mobile app (in my state) is separate from WIC online education. I logged on using the temporary password and updated my information with a new password. Thank you for your time and attention." -

Michigan

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