



Paula Calkins Lacombe
Director of Public Health

133 Margaret Street
Plattsburgh, NY 12901

"Working Together for a Healthier Community"

Health Information Line

518-565-4490

Phone: 565-4840

Fax: 565-4717

www.clintonhealth.org

**Clinton County Health Department
Press Release
"WIC Farmers Market Nutrition Program 2008"
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The Clinton County Women Infant and Children (WIC) Program announces the continuation of the WIC Farmer's Market Nutrition Program (FMNP) for the year 2008. Annually the WIC program provides current eligible families with coupons that can be used to purchase New York State grown, fresh fruits and vegetables from local farmers participating in the Plattsburgh Farmer's Market, Plattsburgh Farmer's Green Market and the Chateaugay Lake Farmer's Market. Coupons for the WIC Farmer's Market Nutrition Program will be distributed to participating families beginning in June, and can be redeemed starting in July through October 2008.

The Clinton County WIC Program is committed to providing supplemental foods, nutrition education, and health care referrals at no cost to eligible participants. Provision of fresh fruits and vegetables will help increase intake of foods that are packed with vitamins, minerals, fiber and antioxidants, while providing support to local farmers. Fresh fruit and vegetables can also help reduce the risk of heart disease, stroke and cancers, along with helping control diabetes. This program has been beneficial to area families and the local agricultural system. Introduction of fresh produce to young children helps create healthy lifetime habits.

Hours for the Plattsburgh Farmers Market, located on Durkee Street, will be: 9 a.m. to 2 p.m. Saturdays from May 10th through October 11th and from 10 a.m. to 2 p.m. Wednesdays from June 25th through September 27th. The Chateaugay Lake market, located on the lawn of the Hollywood Inn, is open on Saturdays from 10 a.m. to 2 p.m. starting June 21, 2008. The Plattsburgh Farmer's Green Market, located at 187 Broad Street, on Thursdays from 2:00 p.m. to 6:00 p.m. starting July 3, 2008.

For more information and eligibility requirements contact the Clinton County WIC program, Department of Health at 518-565-4830, or visit the website at www.clintonhealth.org.

Endorsed by: _____

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