

WIC WELLNESS

A Monthly Newsletter by The Warren County WIC Program

Warren County Municipal Center

1340 State Route 9

Lake George, NY 12845.

518-761-6425

WIC Email: wic@warrencountyny.gov

Kids Corner

Spring is here, and so the birds are singing, the ground is warming up, and bushes and trees are ready to bloom. Here are some fun activities to keep children engaged this Spring.



1) **Make a Bird Feeder from Egg Box**

Egg cartons make the best crafts!

Supplies- Egg carton cups, Paint (optional), Twine, Bird seed, Nail

- Trim the edges of the egg cups to remove any rough parts of the cardboard. If you would like, you can paint the outside of the egg cups, and let the paint dry.

- Use the nail to poke a hole in the bottom of the egg carton large enough for the twine to thread through. Pull the end of the twine through the hole and tie a knot at the base of the egg cup. The longest part of the twine should go through the egg cup. Add a loop at the top to hang the egg carton bird feeder.

- Carefully fill the egg cup with bird seed and hang on a branch in your yard. The egg cup should be placed near branches that the birds can perch on while eating.



2) **Bird Hoop and loop feeder**

Hoop and Loop are a simple activity that can be used by people of different ages and abilities. This activity creates a bird feeder using hand eye coordination, fun to make and the birds love them.

Supplies- Hoop / loop cereal such as Cheerios, pipe cleaners, tray or container for the cereal hoops

- Pour out a pile of hoops onto flat trays and place a pile of pipe cleaners in the middle. Begin to thread hoops onto the pipe cleaners and then make any shape they desire.

- Try twisting pipe cleaners together to create large shapes. Once finished they can be hung on trees and used as bird feeders.

WIC UPDATES

2024 marks 50 years of WIC. We are organizing a 50-year celebration event during the week of August 1-7, 2024.

Stay tuned for more information.

If you or your child is sick, please call the WIC office to reschedule or conduct your appointment remotely. **We do not want to spread any Germs !**

Please update the WIC office for any changes in phone numbers, address or income status.

NYWIC will undergo system updates the first weekend of each month from 8.30 pm - 7.30 am. Shopping and WIC@GO app may be affected.

Country Potato Salad

Yields- 4

Ready in- 30 minutes

Ingredients

3 medium potatoes.
1 cup celery, chopped.
1/2 cup onion, minced.
1 cup peas, frozen.
1 tsp. mustard, prepared.
1/2 cup mayonnaise, low fat.
1/2 cup yogurt, plain & nonfat.
1/4 tsp. black pepper.



*Food is not rational.
Food is culture,
habit, craving, and
identity.*

*Jonathan Safran
Foer*

Reminder:

Farmer's Market Starts June 2024.

Directions

- Wash and scrub potatoes. Cut into cubes.
- Place potatoes in medium saucepan and cover with water. Bring to a boil.
- Reduce heat and cook uncovered for 20 minutes or until potatoes are tender.
- Mix rest of the ingredients in a large mixing bowl. Drain the potatoes well and add to the bowl.

Nutrition Information: 1 cup

Calories: 289

Saturated fat: 2 grams.

Sodium: 422 milligram.

Total Carbohydrates: 39 grams.

Dietary fiber: 7 grams.

Sugar: 7 grams.

Protein: 8 grams.

Highlight of the Season - Let's talk about Peas



Its spring season, and one of the vegetables that can be grown are Peas.

- Peas are available fresh, frozen and canned for good nutrition and convenience.
- Peas are high in **Vitamin C**
- Good source of fiber, Vitamin K, Thiamine, zinc, copper, manganese

• Nutrition information- 1 cup peas.

- Total calories- 117

- Total fat- 1 gram

- Dietary fiber- 8 grams

- Protein - 8 grams

- Total Sugars - 8 grams