



WIC WELLNESS



A Monthly Newsletter by The Warren County WIC Program

Kids Corner

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Cinnamon Salt Dough Recipe

Finally, a cinnamon salt dough recipe you do not have to cook.



Cinnamon dough is NOT edible but it is taste-safe!

Ingredients:

- 1 cup flour
- 1/2 cup of salt
- 1/2 cup of cinnamon
- 3/4 cup of very warm water

Instructions-

- Combine all the dry ingredients in a bowl, and form a well in the center.
- Add the warm water to the dry ingredients and mix together until it forms a dough.
- Roll the dough to 1/4 " thick or so and cut your Christmas ornament shapes. You can use star shape cookie cutters.
- Use a straw to make a hole in the top of each ornament. Place on a tray and leave for 24 hours to air dry.

Christmas Sensory Bottles

A sensory bottle or glitter jar is a fun way to enhance the season through beautiful sparkling colors.



Ingredients:

- Bottles or jars - any shape/size
- 2/3 cup or 6 oz. bottle of clear washable school glue
- 1/4- 1/2 cup warm water or room temp. water best for mixing glue
- Food Coloring
- 1 tbsp. glitter or confetti

Instructions-

- Empty the clear glue in your jar or bottle.
- Add about 1/4 cup warm water to the glue and mix well to combine.
- Next, add food coloring and stir to combine! You can use dark green, red and light green colors for our Christmas theme.
- If you are adding glitter or confetti, stir the glitter or confetti into the glue mixture.
- Seal the jar and shake well.
- TIP-if the glitter or confetti does not move around easily, add warm water. if it is too runny, add more glue.

Apple Salsa

Yields- 4

Ready in- 10 minutes



Ingredients

- 1 apple, sliced
- 1/2 bell pepper
- 1/3 cup lime juice
- 1/4 cup cilantro, minced
- 1/3 red onions, diced
- 1 jalapeno pepper, minced (optional)
- 1 tbsp. honey or maple syrup
- 1/4 tsp. ground black pepper
- 1/4 tsp. salt

Directions

- Combine all ingredients in a bowl. Stir to combine.

Nutrition Information: 1/4 of recipe

Calories: 60

Saturated fat: 0 grams.

Sodium: 150 milligrams.

Total Carbohydrates: 16 grams.

Dietary fiber: 2 grams.

Sugar: 11 grams.

Protein: 0 grams.

Reminder:
Farmer's Market can be used till
November 2024.

Highlight of the Season - Let's talk about Cranberries

Cranberries

- Cranberries are well consumed during the holidays, and there are good reasons to consume them year-round, frozen, dried, and in juice form.



Some of the health benefits of cranberries include-

- Cranberries are a rich source of antioxidants which helps protect against several conditions like, UTI, heart disease, cancer, type 2 diabetes, and tooth decay.
- Cranberries have fiber that help prevent constipation and support digestive health.
- The vitamin C in cranberries supports immunity and helps make collagen.

WIC Updates

- 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.

"While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby."



-Amy Spangler