



**Warren County WIC Program**

**Warren County Municipal  
Center**

**1340 State Route 9,  
Lake George, NY 12845**

**518-761-6425**

## KIDS CORNER

### Seasonal Gingerbread Cookies

250 gm / 8 oz. Plain flour  
75 gm / 3 oz. Butter, softened  
75 gm / 3 oz. Brown sugar  
1/2 tsp. Soda bicarbonate  
50 gm/ 2 oz. Golden syrup  
1 egg yolk  
1/2 tsp. Ground cinnamon  
1/2 tsp. Ground ginger

- Cream butter and sugar together until light and fluffy.
- Add soda, golden syrup and egg yolk and stir well.
- Sift the flour and spices into the bowl and mix with a wooden spoon until well combined.
- Shape into a ball in cling film and chill for 1/2 hour.
- Flour your rolling out surface and roll out dough to 5 mm in thickness and then use gingerbread cutters to cut out shapes.
- Place on greased baking sheets, leaving space between each. Bake at 180 C / 350 F for about 10-12 minutes until they are golden brown & slightly soft.
- Transfer to a wire tray to cool off.
- When gingerbread is completely cool, decorate the biscuits with icing or small sweets, chocolate chips, glace cherries—whatever you have in your baking cupboard.



### **Get the gift of Food Safety this Holiday Season !**

- Wash hands for at least **20 SECONDS** with warm water and soap.
- Prepare dishes that contain raw meats before cooking other items.
- Cook meats, stuffings, and egg dishes to a safe temperature.
- Use a food thermometer to check the temperatures.
- Store leftovers in shallow containers in refrigerator to cool rapidly.



### **Important WIC Updates and Reminders**

- **Farmers' Market checks should be used until the end of November.**
- **If schools close due to inclement weather, the WIC clinic will be conducted at the Municipal Center.**
- **If you or your child is sick, please call the WIC office to reschedule or conduct your appointment remotely, we don't want to spread any germs!**
- **Please do not forget to let the WIC office know about any updates in phone number, address or income status.**
- **NYWIC will undergo system updates the first weekend of each month from 8.30pm–7.30 am. Shopping and WIC@GO app may be affected.**
- - WIC email: [wlc@warrencountyny.gov](mailto:wlc@warrencountyny.gov)

## Recipe—Pumpkin Pancakes

The perfect way to jump into this Fall season is to make a Delicious Recipe from one of Fall's fresh produce—Pumpkin.

### Pumpkin Pancakes

Yields- 12 pancakes

Ready in—25 minutes

Ingredients-

2 cups flour

2 tbsp. brown sugar

1 tbsp. baking powder

1 1/4 tsp. pumpkin pie spice

1 tsp. salt

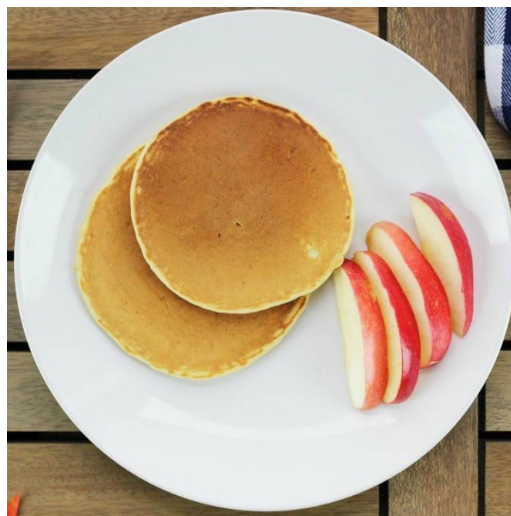
1/2 cup canned pumpkin ( not pumpkin filling)

1 3/4 cups low fat milk

2 tbsp. vegetable oil

Method:

- Combine flour, sugar, baking powder, pumpkin pie spice, and salt in a large bowl.
- In a medium bowl, whisk together egg, canned pumpkin, milk and vegetable oil



- Add wet ingredients o four mixture, stirring until just moist. Batter may be lumpy. Add more milk if thinner batter is desired.
- Lightly coat a griddle or skillet with cooking spray and heat on medium.
- Pour 1/4 cup batter onto hot griddle or skillet. Cook until bubbles begin to appear, then flip pancakes. Cook for 1-2 minutes or until golden brown. Repeat with remaining batter.

Nutrition Facts— 1 pancake

Calories—130

Saturated fats- 0.5 gm

Sodium- 75 gm

Total carbohydrates—21 gm

Dietary fiber- 1 gm

Sugar- 2 gm

Protein—4 gm

Source- SNAP4CT.org

### Fall Produce to add to your Plate

The sun is setting sooner, the nights are getting cooler, and wool socks are starting to sound like a good idea. Head to your local market and fill your basket with these fall produce picks like pumpkin, beets, sweet potato, spaghetti squash, kale, pears, okra, parsnips, and cranberries.

**Pumpkin** is full of dietary fiber and beta carotene, which provides its vibrant orange color. Beta

Carotene converts into vitamin A, which is great for skin and eyes.

**Beets** are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. Beets help to support healthy blood pressure. They are delicious raw, shredded, and tossed in salads, or thinly sliced and baked into chips.



**Sweet Potatoes** are full of dietary fiber and vitamin A. They are also a good source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

