

WIC WELLNESS

A Monthly Newsletter by The Warren County WIC Program

Kids Corner

Skittles experiment is easy, low-cost, and provides lots of investigative opportunities. It is definitely a must-try science investigation for kids of all ages. It is a simple STEM Challenge.



Rainbow Skittles

Ingredients:

Skittles
White plate
Warm water

Instructions:

- Place the skittles around the edge of the plate.
- Carefully pour warm water over the top.
- Watch as the colors spread through the water.
- You **can use cold water** and compare the time it takes the colors to reach the center of the plate.

Experience with **different clear liquids such as lemonade and vinegar.**

Warren County Municipal Center

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Lake George, NY 12845.

518-761-6425

WIC Email: wic@warrencountyny.gov



JOB OPPORTUNITY

Our WIC program is in search of an Infant Feeding Advocate
- Up to 20 hours per week (part-time).

The Infant Feeding Advocate provides breastfeeding education and support to Prenatal and Post-Partum WIC mothers.

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.

Ratatouille

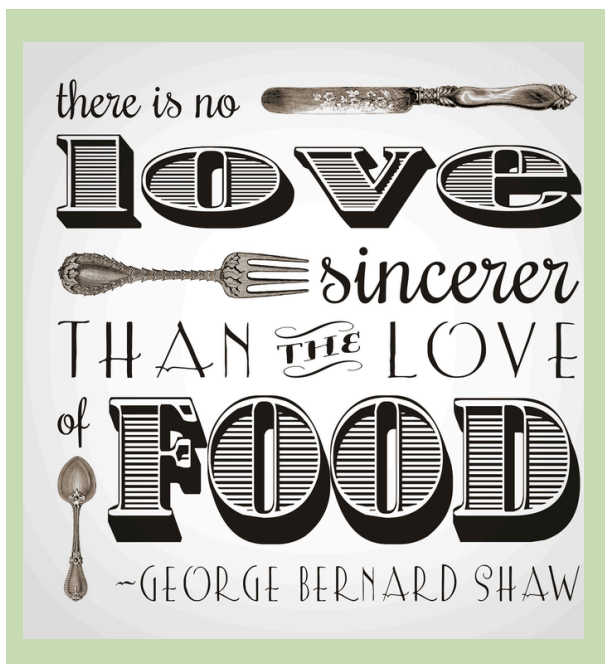
Yields- 8

Ready in- 40 minutes



Ingredients

1 yellow onion, sliced
3 garlic cloves, minced
2 bell peppers, diced
1 eggplant, peeled & cut into 1" cubes
2 tbsp. canola oil
1 can diced tomatoes undrained,
(low sodium- 14.5 oz.)
1 tsp. dried basil
1/2 tsp. black pepper
1/2 cup chopped parsley



Reminder:

Farmer's Market Starts June 2024.

Directions

- Wash and cut up produce.
- Heat oil in a large saucepan and cook onion, garlic, bell peppers, and eggplant until tender, about 15 minutes.
- Add tomatoes and basil, cook about 10 minutes. Add pepper & parsley before serving.

Nutrition Information: 1/8 of cup

Calories: 71

Saturated fat: 0 grams.

Sodium: 10 milligrams.

Total Carbohydrates: 10 grams.

Dietary fiber: 4 grams.

Sugar: 5 grams.

Protein: 2 grams.

Highlight of the Season - Let's talk about Lemons & Limes



Lemons and limes are some of the most popular citrus fruits in the world. The two greatly differ in terms of color, flavor, shape, and nutrient content. Lemons have a higher vitamin C, potassium, folate and vitamin B6 than limes.

- **Lemons:** have a sweet to bittersweet flavor, bigger in size- oblong or oval shaped. Lemon has a thick and rough skin. Lemons can be used in making lemon tarts, lemon meringue pie, and savory dishes and drinks.
- **Limes:** are known for their sour taste, smaller in size- round in shape. Limes have thin and smooth skin. Due to the sourness, limes are commonly used in savory dishes and cocktails, such as guacamole and margaritas.