

WIC WELLNESS

Volume 8 Issue 1

A Quarterly Newsletter by the Warren County WIC Program
October - December 2025

Fall Superfoods

Pumpkin—Pumpkin is a type of squash, high in fiber and antioxidants that help protect the cells in your body. The beta-carotene in pumpkin helps skin, immune system, and maintain healthy vision. Pumpkin can be used in creamy soups, smoothies, baked goods, oatmeal, macaroni and cheese, pancakes, and many other foods.



Sweet Potatoes— Sweet Potatoes are considered root vegetables and have similar nutrients as pumpkin. Sweet potatoes can be roasted with olive oil and herbs, boiled or baked, or added to stews and vegetable casseroles. Pies and cake are sometimes made with sweet potatoes.



Apples and Pears— Apples and Pears are fall fruits that are good sources of fiber, making you feel full for longer and aid in digestive health. Both fruits provide essential vitamins, minerals, and antioxidants to protect your body. Apples and pears can be eaten raw as a crunchy snack, or mixed in with your oatmeal. Try some apples and pears in a tossed salad.



Brussels Sprouts— Brussel Sprouts are cruciferous vegetables and they grow on a stalk. They are high in vitamins A, C, K, potassium, and fiber. Brussels sprouts can be baked, boiled, roasted, or added to a salad raw.



Maple Sweet Potatoes

Makes 2 Servings

Ingredients:

- 2 sweet potatoes, large
- 2 tbsp. plain yogurt, non fat
- 1 tbs maple syrup
- 1 tbsp. 100% orange juice from ½ an orange



Instructions

1. Prick potato skins with a fork. Microwave on high for 6 to 8 minutes until soft and easily pierced with a knife.
2. Scoop out the potato pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1-2 mins. to warm.

Nutrition Serving

Serving size: 1 potato

Calories: 150
Total Fat: 0g
Saturated Fat: 0g
Protein: 3g
Sodium: 85mg
Carbohydrates: 35g
Added Sugar: 6g
Fiber: 4g

This institution is an equal opportunity provider.

Fall-themed sensory bins

Create a sensory bin with autumn textures and colors for your child to explore with.

Try these combinations:

- **Fall essentials:** Pinecones, leaves, sticks, and acorns
- **Fall color themed:** Brown, yellow, orange, red colored dry pasta, pom-poms, shredded paper
- **Interactive:** Small bowls, popcorn kernels, mini pumpkins, shovels, and muffin tins

This activity is one of many great ways for sensory exploration and developing fine motor skills.

Want to include number matching with play time with your toddler well try this **Pumpkin Number Matching Sensory Bin!**



Nature Walk Discoveries

Grab your coat and a pair of magnifying glasses! Go on a **nature** walk to discover all the wonders of fall. Encourage your preschooler to use their magnifying glasses to observe the small insects and discover patterns on outdoor objects!

As you explore these **hands-on** activities this fall, you are not only making memories, but also nurturing your **child's curiosity**, creativity, and **confidence** through concepts implemented into Discovery Driven Learning.

We hope these fall themed activities for preschoolers inspire cozy moments, big smiles, and lots of discovery along the way.

Important Reminders

- Farmers Market checks should be used until end of November.
- If schools are closed due to inclement weather, WIC clinic will be conducted at the Municipal Center.
- Please call the WIC office for any updates in phone number, address or income status.
- If you or your child is sick, please call WIC office to reschedule or conduct your appointment REMOTELY!!!



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