

WIC WELLNESS

A Quarterly Newsletter by the Warren County
WIC Program

October – December 2026

Infant and Toddler Vitamin D

Vitamin D is an **essential fat-soluble vitamin** that **helps build strong bones** and **prevents Rickets**.

Rickets is a **bone disease** that **affects growing children**. All **children need Vitamin D** following **birth** and **infants need 400 IU of Vitamin D daily**. **Children 12 months old to 5 years old need 600 IU of Vitamin D every day**.

Breast Milk & Vitamin D

Breast milk doesn't provide enough Vitamin D for babies so breastfed babies require a Vitamin D supplement from their **doctor**.

Formula & Vitamin D

If a **baby receives 32 ounces of formula per day**, formula is **fortified with Vitamin D**.

Children that eat solid foods and Vitamin D

Include foods high in Vitamin D in your **childrens diets**.

Some **include:**

- **Fish such as canned tuna**
- **Some 100% juices**
- **Yogurt**
- **Eggs**
- **Cereals**
- **Milk**



Apple Oatmeal Muffins

Ingredients:

- ½ cup nonfat milk
- ⅓ cup applesauce
- ½ cup all-purpose flour
- ½ cup quick cooking oats (uncooked)
- 1 cup sugar
- ½ tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 apple

Optional toppings: raisins, walnuts



Directions:

1. Place oven to 400 degrees F. Place 6 cupcake holders in a baking tin. Wash, peel and chop apples.
2. In a mixing bowl, add milk and applesauce. Stir until blended. Stir in flour, oats, sugar, baking powder, and cinnamon.
3. Gently stir in chopped apples.
4. Spoon batter into cupcake holders.
5. Bake for 10-15 minutes or until an inserted toothpick comes out clean. Cool in pan 5 minutes before serving.

Source:

<https://reallifegoodfood.umn.edu/breads/apple-oatmeal-muffins>

Contact Info

Call us @ 518-761-6425 or
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1340 State Route 9
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Important Information

As a **reminder** some of our **sites** have **closed**, please follow us on our **social media** for **up to date** information.

- We will now be at our **Main Office** located at-
Warren County Municipal Center, 1340 State Route 9 Lake George, NY 12845.
- Current sites that remain open are -
VFW Post 6196
32 Luzerne Road, Queensbury, NY 12804.

Warrensburg Health Center
3767 Main Street,
Warrensburg, NY, 12885.

- If you are looking for **Holiday Assistance**, please **double check** on the **deadlines**.

If you may have received **Farmers Market Coupons**, make sure to use them by **November 30th 2026**.



You can now find us:

 linktr.ee/wic9

 [wicwarrencountyny](https://www.instagram.com/wicwarrencountyny)

 [warrencountynywic](https://www.facebook.com/warrencountynywic)

KIDZ CORNER

Here is just one **simple fun activity** to get your **kids** back to the **basics** and their **bodies up** and **moving**!

The Floor is Lava

An **imagination-fueled favorite**. The **floor** is made of **lava** - so they **can't touch** it!

Use **cushions, paper plates, pieces of cardboard** or **furniture** to get around the room. Works on **balance, coordination, body awareness** and **problem-solving** all at once.

Endless fun for **toddlers, preschoolers**, and **older kids** too!



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