

# WIC WELLNESS

A Quarterly Newsletter by the Warren County  
WIC Program



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## Importance of Vegetables



Vegetables provide important **nutrients** to your child's diet. They add **vitamins, minerals, antioxidants,** fiber and are low in **calories. Heart health, improved digestion, weight management, immune system support, bone and eye health** are just some of the benefits of adding vegetables to your children's diet.

### Encouraging Vegetables:

- Continue to offer a variety of vegetables at meal times and for snacks. It takes some children at least ten to fifteen times before they will try a vegetable.
- Take your child to the grocery store or farmer's market to pick out a vegetable to try.
- Read a book about a vegetable or grow a vegetable with your child to get them more interested in trying them.
- Cook with your child. Kids love to help prepare foods in the kitchen and are more likely to try them.
- Be a great role model by eating vegetables in front of your child. If your child sees you eating vegetables they are more likely to try them.
- Make foods fun for your children. For example, have the kids decorate their food with vegetables using different shaped cookie cutters
- Hide shredded vegetables in soups, spaghetti or pizza sauce, rice dishes, meatloaf, or eggs.

## Tuna Boats



### Ingredients:

- 2 Large Cucumbers
- 2 tbsp. lemon juice (zest is optional)
- 2 green onions
- 1 (6 ounce) can tuna, packed in water
- 1 (15 ½ ounce) can of white beans
- 1 tbsp. of canola oil
- 1 tbsp. of Dijon or country mustard
- ¼ tsp. of salt
- ¼ tsp. of ground pepper

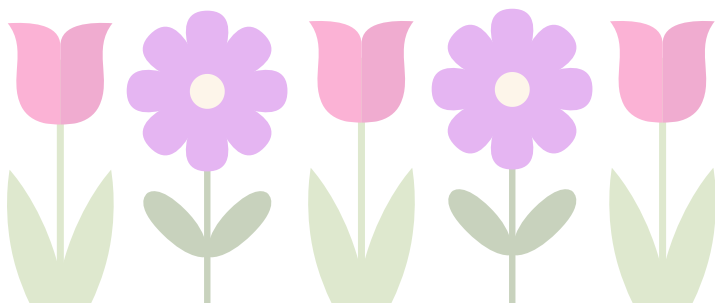
### Directions:

1. Rinse cucumbers. Peel off skin if desired. Cut lengthwise. Scoop out the seeds with a spoon.
2. Rinse lemon. If desired, zest lemon using a grater. Cut lemon in half. In a small bowl, squeeze juice. Discard the seeds.
3. Rinse and chop green onions.
4. Drain tuna.
5. Drain and rinse beans using a colander.
6. In a medium bowl, mash beans lightly with a fork. Add all other ingredients except cucumber to the mashed beans. Mix together. Fill each cucumber half with ¼ of the tuna.

\*Instead of cucumber boats, cucumbers can be sliced into circles and tuna can be put on top like a cracker.

## Contact Info

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# KIDZ CORNER



*You can now find us:*

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

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## *Egg Coloring*

Coloring eggs with Kool-Aid is a safe, vibrant, and fragrant alternative to traditional dyes.

- Simply mix one packet of unsweetened Kool-Aid with  $\frac{1}{2}$  to  $\frac{2}{3}$  cup of water (optionally add 1 tsp of vinegar for extra intensity).
- Submerge hard-boiled eggs for 1-5 minutes for bright, non-toxic, and fruit-scented results.

You can even use whipping cream and gel food coloring for the eggs instead as a fun way to create a dye effect.



## *Tissue Paper Kite Craft*

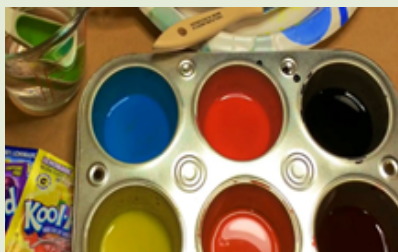
- Give your child a piece of contact paper cut into the shape of a kite.
- Tape it sticky, side-up, onto the kitchen table. Add the black cross bars (made of construction paper).
- Add tissue paper squares to decorate.
- Add another piece of contact paper to seal the craft. Then add ribbon for a tail.
- Try different shapes to make suncatchers as well.



## *Kool Aid Painting*

Did you know you could paint with Kool-Aid?

- Just dump a packet into a section of a muffin tin and add a little water.
- Use some water color brushes, and you've got a great open-ended art activity.



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