

WIC HIGHLIGHTS

April 2025

Small Acts, Big Impact

In the US, at least 30% of the food supply is wasted annually. By minimizing waste, we can conserve resources, protect the environment and save money. Read below to discover new ways to reduce and prevent food waste at home.



Eco-Friendly Tips

- Cut off the bad parts of produce that have bruised or overripened, then freeze to slow ripening.
- Plan weekly meals and grocery shop with a list.
- Store leafy greens in a dry, sealed container with a paper towel to absorb excess moisture.
- Store berries in dry, glass containers or jars.
- Compost food scraps or bring them to a food scrap collector.

Minimize Breastmilk & Formula Waste

Paced bottle feeding is a method that allows your baby to be in control of the feeding pace. By following this method, your baby is less likely to overeat and spit-up. This also reduces the amount of milk discarded after feedings, benefiting the environment and your finances.

Scan the QR code to learn more about paced bottle feeding.



www.phfewic.org/wp-content/uploads/2020/06/PaceBottleFeeding.pdf

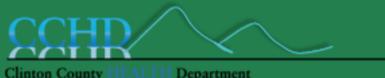


CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: nywic@clintoncountyny.gov

Web: www.clintonhealth.org/wic



This institution is an equal opportunity provider.

Spring Cobb Salad



Serves: 4-6

Total Time: 35 minutes

Ingredients

For The Dressing:

- 1/2 cup plain Greek yogurt*
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. lemon juice*
- 1/2 tsp lemon zest*
- 1 Tbsp. chopped dill
- 1 garlic clove, minced*
- 2 Tbsp. water
- Salt and pepper to taste

For The Salad:

- 2 heads of Romaine lettuce, *cut into bite-size pieces**
- 4 hard boiled eggs, *peeled and quartered**
- 1 cup radishes, *thinly sliced**
- 1 ripe avocado, *sliced**
- 1 cup snap peas, *trimmed and halved lengthwise**
- 1/2 cup cherry tomatoes, *halved**

***WIC approved ingredients**

Instructions

1. In a medium bowl, whisk together yogurt, oil, lemon juice, lemon zest, dill and garlic. Add 1 Tbsp. of water at a time to reach desired consistency. Add salt & pepper to taste.
2. In a serving bowl, add lettuce. Add rows of eggs, radishes, avocado, snap peas and tomatoes. Drizzle with half of the dressing and serve immediately with the remaining dressing on the side.