

# WIC HIGHLIGHTS

National Breastfeeding Month

August 2025

## Breastfeeding Signs of Success

Breastfeeding is a special experience but many moms feel uncertainty from time to time. Look for these key signs of successful breastfeeding:

The baby is content after feeding (opens fists, turns away from breast, falls asleep).

Baby produces plenty of wet & dirty diapers. Bowel movements look yellow & seedy.

Baby is gaining weight adequately at pediatrician and WIC appointments.

Baby feeds frequently, usually 8-12 times in 24 hours.

## Let Us Help

WIC provides lactation support, including weight checks, weighted feedings, and latch assessments by Certified Lactation Consultants. Peer Counselors are also available for guidance and support. For a list of local breastfeeding resource guides, visit [health.clintoncountyny.gov/breastfeeding](http://health.clintoncountyny.gov/breastfeeding).



## CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: [nywic@clintoncountyny.gov](mailto:nywic@clintoncountyny.gov)

Web: [health.clintoncountyny.gov/wic](http://health.clintoncountyny.gov/wic)



This institution is an equal opportunity provider.

# Tortilla Pizza



**Serves:** 4

**Total Time:** 30 minutes

## Ingredients

- 4 100% whole wheat flour tortillas\*
- 1 15 oz. can of tomato sauce\*
- 2 cups mozzarella cheese, *shredded*\*
- $\frac{1}{3}$  cup red onion, *thinly sliced*\*
- 1-2 bell peppers, *sliced*\*
- 1 garlic clove, *minced*\*
- $\frac{1}{2}$  cup fresh basil, *chopped finely*

**\*WIC approved ingredients**

## Instructions

1. Preheat oven to 375 degrees.
2. Spread 2-3 Tbsp. of tomato sauce on top of each tortilla.
3. Heat a frying pan to medium heat and sauté onion and bell peppers until soft.
4. Add sauteed vegetables and garlic to pizza and sprinkle with mozzarella cheese. Bake for 10-12 minutes, rotating if necessary. Top with basil and serve warm.