

# WIC HIGHLIGHTS

December 2025

## Little Chefs: Kids In The Kitchen

The colder months are the perfect time to get your kids involved in the kitchen. Cooking together builds confidence, sparks creativity and promotes healthy eating habits.

### Kitchen Helper Basics

- Teach handwashing before touching food.
- Prioritize kitchen safety. Set rules about hot surfaces, sharp items and running in the kitchen.
- Pick simple recipes with few ingredients.
- Be patient. Mistakes and messes are likely to happen.
- Give specific tasks, for example: wash the produce.
- Praise effort and teamwork.

### Let's Get Cookin'

Scan the QR code to learn age-appropriate kitchen tasks.



[eatright.org/food/home-food-safety/safe-cooking-and-prep/teaching-kids-to-cook](https://eatright.org/food/home-food-safety/safe-cooking-and-prep/teaching-kids-to-cook)



## CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

# Banana Sushi



**Serves:** 2

**Total Time:** 30 minutes

## Ingredients

- 2 Tbsp. *Teddies All-Natural Smooth Peanut Butter\**
- 1 banana\*
- 1 *Mission 100% Whole Wheat Flour Tortilla\**
- ¼ tsp cinnamon (optional)

**\*WIC approved ingredients**

## Instructions

1. Set out all the ingredients on the counter.
2. Use a spoon to spread peanut butter onto one side of the tortilla.
3. Peel the banana.
4. Place banana on one edge of the tortilla and roll it up to resemble a sushi roll.
5. Slice the tortilla into ½ inch thick pieces.
6. Sprinkle cinnamon on top.
7. Taste test together!