

WIC HIGHLIGHTS

February 2026

Healthy Hearts

Heart disease, including high blood pressure and cholesterol, is the leading cause of death in Americans. Below are steps you can take to prevent these conditions.



Blood Pressure Basics

High blood pressure often has no symptoms, so regular checks are important for early detection. To reduce your risk:

- Refrain from smoking
- Eat heart-healthy foods
- Exercise regularly
- Manage stress
- Get enough quality sleep

Cholesterol Control

There are two types of cholesterol: good and bad. Good cholesterol helps keep arteries clear, while bad cholesterol can clog them. Eating healthy foods and staying active helps keep both types of cholesterol at a healthy level.

Heart Healthy Foods

A heart-healthy diet has an abundance of fruits, vegetables, lean proteins, whole grains, and healthy fats such as olive oil, avocados, nuts and tuna.

Scan the QR code for more healthy lifestyle tips.



<https://bit.ly/4afl5P>

CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: nywic@clintoncountyny.gov

Web: health.clintoncountyny.gov/wic



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Easy Pasta Bake



Serves: 8

Total Time: 45 minutes

Ingredients

- 1 lb. whole wheat rotini*
- 4 cloves garlic, minced*
- 2 zucchinis, chopped*
- 2 cups grape tomatoes, halved*
- 5 fresh basil leaves, chopped
- ½ tsp. oregano
- 15 oz reduced fat ricotta cheese, divided
- 1 28 oz can crushed tomato*
- ½ cup mozzarella cheese, shredded*
- 1 tsp. salt
- 1 tsp. ground black pepper

***WIC approved ingredients**

Instructions

1. Preheat oven to 350 degrees.
2. Cook pasta according to instructions. Transfer cooked pasta to a large bowl.
3. Add garlic, zucchini, grape tomatoes, chopped basil, mozzarella, crushed tomatoes, oregano, salt, pepper and half of the ricotta cheese to the bowl with pasta. Mix until combined.
4. Pour pasta mixture into a 9x13 inch baking dish and top with remaining ricotta cheese. Bake for 25-30 minutes.
5. Before serving, top with basil. Serve warm.