

# WIC HIGHLIGHTS

July 2025

## Nature: The Ultimate Playground

Children should be active throughout the day for healthy growth and development. Encourage your family to spend time outdoors this summer. Try one of the activities below.

- Go on a nature scavenger hunt
- Create a DIY sensory bin
- Draw with sidewalk chalk
- Walk, bike or roll on a paved path
- Build a sand castle at the beach
- Visit a playground or splash pad

Scan the QR code to view the Clinton County Recreational Trails Map. Challenge yourself to explore a few trails each month.



[health.clintoncountyny.gov/pdf%20files/TrailMap.pdf](https://health.clintoncountyny.gov/pdf%20files/TrailMap.pdf)

## WIC Eligibility Update

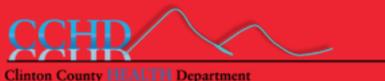
Participation in Head Start and the Essential Plan health insurance are now automatic qualifiers for WIC. Call the office for more info.

### CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

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

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



This institution is an equal opportunity provider.

# Veggie Sticks & Homemade Ranch



**Serves:** 6

**Total Time:** 30 minutes

## Ingredients

### Vegetables:

- 2 bell peppers, *cut into sticks\**
- 1 cup baby carrots\*
- 1 cup snap peas\*
- 3 celery ribs, *cut into sticks\**
- 1-2 cucumbers, *cut into sticks\**

### Ranch:

- 1 cup plain Greek yogurt\*
- 1 tsp each: dried dill, garlic powder, onion powder, parsley, salt
- ½ tsp ground black pepper
- ¼ cup milk\*

**\*WIC approved ingredients**

## Instructions

1. In a mixing bowl, add the ranch ingredients and mix until smooth. If desired, add milk for a thinner consistency. Use a silicone spatula and pour the ranch into a small bowl. Chill in the fridge for 20 minutes.
2. Prepare the vegetables.
3. On a serving tray, place the ranch in the center and spread the vegetables around the ranch. Enjoy.