

WIC HIGHLIGHTS

June 2025

Block The Sun, Not The Fun

It can take as little as 15 minutes for UV rays to cause skin damage. Reduce your risk with this checklist:

- **SLIP** on a long-sleeved shirt 
- **SLOP** on sunscreen with SPF 30+ and reapply every 2 hours 
- **SLAP** on a wide-brimmed hat 
- **SEEK** shady areas, especially when the sun rays are hottest (10am-2pm) 
- **SLIDE** on close-fitting sunglasses 

Infant Sun Safety

Sunscreen is not recommended for infants under 6 months of age. The best protection is to avoid direct sunlight. If going outdoors, dress your baby in light-weight clothing that covers the arms, legs and head.

Scan the QR code to learn more about sun safety.



health.clintoncountyny.gov/nc_healtheffect/SunSafety.pdf

Farmers Market Coupons

Farmers Market Coupons are available! Call the WIC office if you're interested in them.



CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: nywic@clintoncountyny.gov

Web: health.clintoncountyny.gov/wic



This institution is an equal opportunity provider.

Roasted Vegetable Soup



Serves: 4

Total Time: 50 minutes

Ingredients

- 1 large sweet potato, *peeled & diced**
- 2 bell peppers: red & yellow, *diced**
- 2 medium carrots, *peeled & chopped**
- 2 garlic cloves, *peeled**
- 1 red onion, *peeled & chopped into wedges**
- 3 Tbsp. olive oil
- ½ tsp of each: salt, pepper, cumin, paprika
- 4 ½ cups of vegetable stock

***WIC approved ingredients**

Instructions

1. Preheat oven to 400 degrees.
2. Line a rimmed baking sheet with parchment paper. Add sweet potato, bell peppers, carrots and garlic. Drizzle on olive oil and sprinkle on seasonings. Use your hands to toss it all together.
3. Bake for 20 minutes.
4. Add onion wedges and bake for 12 minutes.
5. In a large saucepan, add the roasted vegetables and vegetable stock. Bring to a boil and let simmer for 5 minutes. Turn off heat.
6. Blend with an immersion blender or pour soup into a blender and blend until smooth. Serve warm.