

WIC HIGHLIGHTS

May 2025

Motherhood & Mental Health

Celebrate Maternal Mental Health Week by taking some time for you. Life changes a lot after having a baby, and self-care can look different for everyone - but it still matters. Check out the ideas below to continue showing up as your best self.

Mom Moments

Carving out time for yourself can be challenging. Whether it's daily, weekly or monthly, schedule time to:

- Indulge in a good book or show.
- Practice yoga or meditation.
- Journal or connect with other moms.
- Go for a walk.



Digital Detox

Constant notifications and the pressure to stay connected can negatively impact your mental health. Unsubscribe from accounts and take breaks from scrolling. Use that time for activities that promote self-care.

Sleep Soundly

Adequate sleep is essential for your well-being. Establish a bedtime routine and aim for 8 hours of sleep each night. Avoid caffeine in the evenings and screens for at least one hour before bed.



CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

Mexican Quinoa



Serves: 4

Total Time: 35 minutes

Ingredients

- 1 Tbsp. avocado or canola oil
- 2 cloves garlic, *minced**
- 1 & ¼ cups chicken broth
- 1 cup uncooked quinoa
- 1 10 oz. can of diced tomatoes with green chiles*
- 1 15 oz. can of black beans, *rinsed & drained**
- 1 & ½ cups of frozen corn*
- ½ tsp cumin
- ½ tsp salt
- ¼ cup fresh cilantro, *chopped*

***WIC approved ingredients**

Instructions

1. In a large saucepan or skillet, heat the oil to medium-high heat.
2. Add garlic and sauté for 30 seconds.
3. Add remaining ingredients except the cilantro and bring to a boil.
4. Reduce heat to low, cover and simmer for 20-25 minutes.
5. Stir in cilantro just before serving.

*Serve as the main dish, side dish or stuffed in bell peppers or tacos.