

# WIC HIGHLIGHTS

November 2025

## Home Sweet Safety

In the case of an emergency, would your family be ready? Take the steps below to ensure your family is well-prepared.

### Plan & Practice

If you have to evacuate your home, identify exit routes from each room and designate a meeting spot outside. Practice your home evacuation drill at least twice a year.

### Prepare

In the event of a flood, power outage or evacuation, it's important to have a 72 hour emergency supply kit ready. Include these items in your kit:

- Water (1 gallon per person per day)
- Non-perishable food
- Flashlight & extra batteries
- First aid kit & medications
- Personal hygiene items (toilet paper, hand sanitizer, diapers, wipes)
- Copies of important documents (ID, insurance)
- Extra clothing & blanket
- Cell phone charger & backup power bank
- Cash
- Whistle or signaling device

The Healthy Neighborhoods Program provides **free** home safety screenings and supplies to Clinton County residents. Scan the QR code to learn more about the program or to request a visit.



[health.clintoncountyny.gov/healthyneighborhoods](https://health.clintoncountyny.gov/healthyneighborhoods)

## CLINTON COUNTY WIC PROGRAM

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# Peanut Butter Oatmeal Cookies



**Makes:** 7-8 cookies

**Total Time:** 25 minutes

## Ingredients

- 1 cup creamy peanut butter\*
- 1.5 cups quick oats\*
- 1 large egg\*
- ½ cup maple syrup

***\*WIC approved ingredients***

## Instructions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, add peanut butter, egg and maple syrup and mix to combine.
3. Slowly stir in oats until well combined. The dough should be sticky.
4. Using a tablespoon, place spoonful amounts of cookie mixture onto a baking sheet. Use your hands to gently round and slightly flatten the cookies.
5. Bake for 10-12 minutes. Serve warm or room temperature.