

# WIC HIGHLIGHTS

October 2025

## Safe Sleep Essentials

Practicing safe sleep helps reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is used to describe the sudden death of a baby with no known cause. Follow these healthy sleep habits for babies.

### ● Back To Sleep

Always place your baby to sleep on their back during naps and bedtime.

### ● Room-Share

Sleep in the same room as your baby, but not in the same bed.

### ● Clear The Crib

Avoid putting soft items such as pillows, blankets, toys and bumper pads in the crib or bassinet.



### ● Firm & Flat Bedding

Choose a flat and firm mattress with a tight fitted sheet. Car seats and baby swings are designed for travel and soothing. Always move your baby to a firm, flat sleep surface if they fall asleep in one.



Flu season is fast approaching. It is recommended everyone over the age of 6 months receive a flu shot. Talk to your health care provider about scheduling an appointment.

## CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

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

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



WOMEN, INFANTS,  
& CHILDREN



Clinton County HEALTH Department

This institution is an equal opportunity provider.

# Homemade Pumpkin Puree



**Makes:** 3 cups

**Total Time:** 1.5 hours

## Ingredients

- 1 3 lb. baking pumpkin\*
- 1 tsp salt

**\*WIC approved ingredients**

## Instructions

1. Preheat oven to 400 degrees.
2. Line a rimmed baking sheet with parchment paper.
3. Rinse and pat dry the pumpkin. Cut off the top where the stem is. Cut the pumpkin in half, starting where the stem was (you may need to separate the halves using your hands).
4. Scoop out the guts and seeds. Sprinkle the insides of the pumpkin with salt.
5. Place halves skin side up on baking sheet. Bake for 45-60 minutes. The pumpkin should be easily pierced with a knife and the flesh pulls away from the skin.
6. Cool until you can safely transfer the pumpkin flesh into a food processor. Process until smooth, 3-5 minutes.
7. Store in an air-tight container for 1 week or freeze for up to 3 months.

**Tip: Save the pumpkin seeds and roast them for a healthy snack.**