

WIC HIGHLIGHTS

September 2025

Mealtime Healthy Habits

Mealtime struggles are real... and completely normal. The good news is, you can set your family up for mealtime success. Here are some tips.



Establish a Routine

- Serve meals and snacks at the same time each day.
- Eat together as a family.
- Involve the kids in meal prep. Easy tasks include: washing veggies, mixing ingredients and setting the table.
- Offer healthy choices. For example, ask if they would prefer carrots or broccoli with their meal.
- Turn off screens and put away other toys and electronics.

Create a Positive Experience

Share Your Enjoyment. Show your child that you value their company by engaging in conversation about the day, rather than focusing on how much they eat.

Encourage New Food. Children are more likely to try new foods when they see their parents or siblings enjoying them. It can take up to 10-15 times before your child will accept or like a new food. Stick with it!

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Reminder: Don't forget to use your Farmers Market Coupons before the markets close for the season.

CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

Chicken Noodle Soup



Serves: 6-8

Total Time: 30 minutes

Ingredients

- 1 Tbsp. olive oil
- 2 chicken breasts
- 3-4 carrots, *peeled and sliced**
- 1 onion, *diced**
- 2 celery ribs, *sliced**
- 1 garlic clove, *minced**
- 4 cups egg noodles
- 10 cups low-sodium chicken stock
- 1 tsp salt
- ½ tsp ground black pepper
- ⅓ tsp of each: rosemary, thyme, crushed red pepper flakes (optional)

****WIC approved ingredients***

Instructions

1. Add olive oil to stock pot over medium heat. Cook chicken for 5 minutes on each side. Remove chicken and set aside.
2. Add garlic, onions, carrot and celery to the pot and cook until onions are translucent, stirring occasionally.
3. Add chicken back to the pot. Pour in chicken stock. Add in seasonings and stir. Simmer for 10 minutes.
4. Remove chicken and shred. Add back to the pot. Add egg noodles and simmer for another 8-10 minutes, stirring occasionally. Serve warm.