

WIC Wellness

A Quarterly Newsletter by The Warren County WIC Program

Kids Corner

Make Your Own Play Snow



Ingredients

- 1/2 cup of pure baking soda
- 1/2 cup of white hair conditioner

How to make non-toxic fake play snow for pretend play:

1. Mix 1 1/2 cups of pure baking soda with 1/2 cup of white hair conditioner in a large bowl.
2. Stir mixture in a large bowl until ingredients are well combined.
3. Enjoy hours of sensory play.

That's it. Yes, it really is THAT simple.



Salt and Ice Painting

This is a great winter activity for kids to learn while also creating a piece of art.

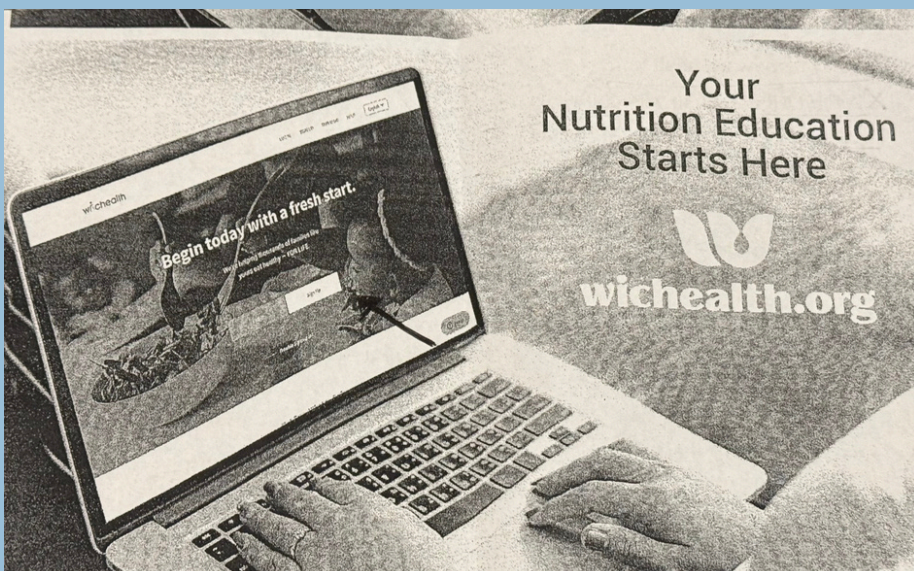
Just grab some water, salt and food coloring.

1. Freeze a big bowl of water.
2. Put the frozen ice chunk on a surface that is able to get messy.
3. Put food coloring on the chunk of ice.
4. Now sprinkle some salt on chunk of ice. If you listen closely, you can even hear where the ice is dissolving a crackling sound. Now put food coloring on.
5. When you put food coloring in ice with no salt, it just rolled off the surface. But when you put salt to the ice, it melted tiny channels into the ice where the food coloring could flow into creating an awesome - but impermanent - work of art.

Source: *Chicago Public Library*, 29 Apr. 2020.

How to get started for WIC health

1. Visit www.wichealth.org



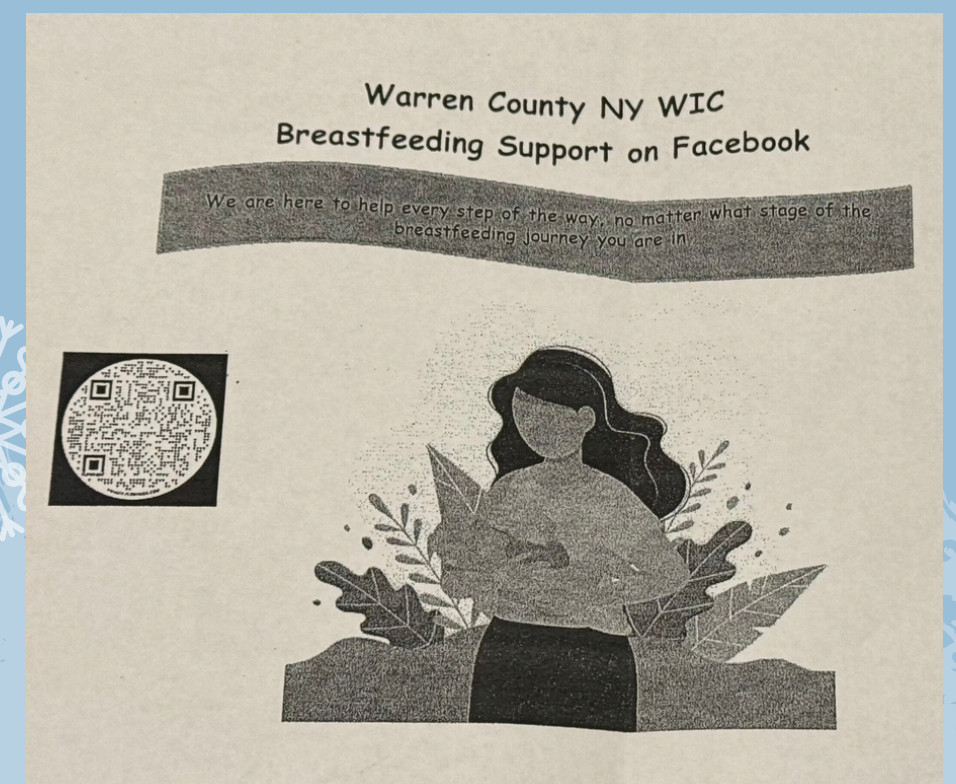
2. **First time to Visit wichealth.org?**

Click "Sign up" to create your account.

3. **Explore wichealth**

Take the worry out of mealtime with nutrition education and WIC recipes your kids will love.

Follow us on our WIC Facebook page for any updates:



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Coping with Picky Eaters

Many children from ages 2-5 years old tend to be fussy eaters, and this is normal behavior for this age group. Many children do not like to try new foods because of different colors or textures, but as long as they are growing well this period of picky eating is usually not a cause for worry.

Below are some ways to help parents deal with picky eaters:

- Be a role model and eat a variety of healthy foods daily.
- Give choices of healthy foods for your child to pick at meal times.
- Let your child pick produce at the grocery store.
- Have your child assist you in making healthy meals because they are more likely to try food they have made.
- Make meal times positive for the entire family and ignore any picky eating at the table. Never force a child to eat.
- Offer new foods along with familiar foods your child likes.
- Offer new foods multiple times. It can take several tries to for a child to try a new food.
- Make foods fun. Cookie cutters can be a way to make foods fun for kids. Let your child be creative with their food.
- Offer routine healthy meals and snacks daily. Discourage grazing and drinking too much milk or juice which can fill up your child and lessen your child's appetite at meal times.

Banana Pudding Kids Way

Yield: 4 Servings

Ready In: 15 minutes

Ingredients:

3 medium bananas
1/2 cup of unsweetened applesauce
1/2 cup of nonfat vanilla yogurt
1/2 cup of low fat yogurt



Directions to make it:

1. Peel bananas. Chop into four big chunks.
2. Add bananas to a gallon-sized zip-top bag. Add applesauce and yogurt to bag.
3. Press out any extra air before sealing bag. Use your fingers to squish and mash ingredients together until well blended.
4. Refrigerate for at least 30 minutes.
5. Cut a small hole in one corner of the bag and squeeze the pudding into bag and squeeze the pudding into bowls. Sprinkle granola on top.

Nutrition Information: 1/2 cup

Calories: 160
Total Fat: 1g
Sodium: 45mg
Total Carbohydrate: 39g
Dietary Fiber: 3g
Protein: 3g

Source: Eat Move Save Extension University of Illinois



January

National Birth Defects:

Birth defects can occur during pregnancy, and affect child's development.

Source: Cleveland Clinic

WIC Awareness by Month:

February

National Dental Health:

Without proper dental health it can cause many issues down the road.

Source: Mayo Clinic

March

National Nutrition:

It is crucial that we make smart eating choices and sound eating habits to grow properly.

Source: Community Health of Central Washington