

WIC HIGHLIGHTS

January 2024

WINTER WONDERLAND

North Country winters can be filled with fun if you plan ahead.

Bundle Up

Frostbite can occur when skin is exposed to extreme cold for too long. Dress in warm, dry clothing including gloves, hat, snow pants, jacket, boots, scarf and layers underneath. Take frequent breaks to warm up inside.

Be Prepared

Monitor weather reports. If a storm is on the way, make sure to have enough food and medicine on hand for everyone in the house. Stay off the roads, if you can. Ask WIC about completing your appointment remotely, if needed.



**The WIC Team
wishes you and
your family a
healthy and happy
New Year ahead.**

Scan the QR code to read more winter safety tips in ***The North Country Health Effect.***



CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: nywic@clintoncountyny.gov

Web: www.clintonhealth.org/wic



This institution is an equal opportunity provider.

Broccoli Soup



Ingredients:

- 1 head of broccoli, diced finely *
- 1 head of cauliflower, diced finely *
- 2 whole carrots, peeled and diced finely *
- 1 onion, minced *
- 1/2 cup flour
- 8 oz block cheddar cheese, shredded *
- 1 & 1/2 cups milk *
- 2 tbsp. butter
- 2 tbsp. oil
- 2 garlic cloves, minced *
- 3 cups chicken broth
- salt, pepper and thyme to taste (optional)

****WIC approved ingredients***

Directions:

1. Wash, dry and chop vegetables.
2. Sauté onions in 2 quart pot with oil and butter until soft.
3. Add carrots & garlic. Add salt, pepper & thyme (optional). Cook for 3 minutes.
4. Sprinkle flour in and stir for about 2 minutes. Add in chicken broth.
5. Add milk, broccoli & cauliflower. Bring to a simmer. Cover and cook for 15 minutes.
6. Add cheese and stir for 2-3 minutes or until soup is creamy. Serve.