

WIC HIGHLIGHTS

July 2024

Healthy Eyes at Every Age

What do you call a dinosaur with no eyes?

Do-you-think-he-sauras!

All joking aside, our eyes do a lot for us. Read on to keep the whole family seeing their best.



The Doctor Will “See” You Now

Regular eye exams prevent and reduce vision problems. It’s recommended infants be seen by an eye care professional before 12 months of age. Children should have at least one eye exam between the ages of 3-5 and annually between the ages of 6-17. Adults with no history of vision problems should have an eye exam every two years. Once you reach 65 years old, an annual eye exam is recommended.

Protect Your Peepers

When heading out, don’t forget to pack:



- Sunglasses and hats for the sun.



- Swimming goggles for pools and beaches.



- Safety glasses for outdoor activities like cutting wood.

Eating For Your Eyes

Foods high in Vitamins A, C and E as well as omega-3 fatty acids and antioxidants nourish our eyes. Here are some examples:

- Eggs
- Green, leafy vegetables
- Broccoli
- Carrots
- Blueberries
- Beans and legumes

CLINTON COUNTY WIC PROGRAM

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Carrot Fries



Ingredients

- 1 pound of carrots*
- Cooking spray or oil
- Salt and pepper to taste
- Optional: cayenne pepper for spice

****WIC approved ingredients***

Instructions

1. Pre-heat oven to 400 degrees.
2. Peel then cut carrots into long strips, 1/4 inch thick.
3. Coat baking sheet with cooking spray and spread carrots on sheet.
4. Season carrots with salt and pepper.
5. Bake for 15 minutes. Flip carrots and spray with cooking spray and add more spices. Bake for 15 more minutes or until lightly brown.
6. Enjoy.