

WIC HIGHLIGHTS

June 2024

Infant Development

The first year of a child's life is a time of rapid growth. A baby's brain is shaped by their experiences, especially those with you and other caregivers. Below are some ways you can connect with your baby to support their growth and well-being.



Playing Is Learning

Playing games with your infant helps them learn and gain new skills. Copy-cat games build imagination and empathy. Naming games build vocabulary and attention. Peek-a-boo builds memory and trust.

Boost Bonding Time

Face-to-face interactions with your baby help build a strong connection. Talking to your baby allows them to hear and learn new words. Interact with your baby on the floor during tummy time. Put away electronic devices during these moments and give your child your undivided attention.

Scan for more Tummy Time Tips.



Farmers Market Coupons

Farmers Market Coupons are available starting in June. Call the WIC office to see if you're eligible.



CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

Zucchini Fries



Ingredients

- 2 zucchinis*
- 2 cups panko bread crumbs
- 2 eggs*
- 1/2 cup Parmesan cheese, finely grated
- 1 tsp. salt
- 1 tsp. pepper

****WIC approved ingredients***

Instructions

1. Wash and dry zucchini. Cut ends off. Halve and cut into thin spears.
2. Sprinkle spears with salt and let sit on a paper towel for 5 minutes and then pat-dry.
3. Pre-heat oven to 400 degrees. Line a baking sheet with parchment paper.
4. In a small bowl, whisk eggs and set aside. In a separate bowl, mix together bread crumbs, Parmesan cheese, salt and pepper.
5. Dip each spear into the egg mixture and then into the breadcrumb mixture. Place on baking sheet in a single layer.
6. Bake for 25 minutes, turning regularly.
7. Remove from oven and serve warm.