

WIC HIGHLIGHTS

March 2025

National Nutrition Month®

Food Connects Us

March is National Nutrition Month®, and this year's theme, *Food Connects Us*, highlights the important role food plays in bringing people together. From family dinners and shared recipes to cultural traditions, food serves as a universal connector.



Connect with Food

Discover different ways to connect with food by trying these activities:

- Make your favorite snack from scratch.
- Learn where your food comes from.
- Grow your own vegetables or herbs.
- Experiment with recipes using different ingredients or cooking techniques.

Connect with Us:

Scan the QR code and tell us what the biggest health needs and challenges are in Clinton County.



www.surveymonkey.com/r/CHA2025

Bond Through Breastfeeding

Breastfeeding provides many benefits, including building a deep connection with each feeding. WIC is here to help during all stages of your breastfeeding journey through peer support and counseling, private latch assessments and education.

CLINTON COUNTY WIC PROGRAM

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WOMEN, INFANTS,
& CHILDREN



Clinton County HEALTH Department

www.ClintonHealth.org

This institution is an equal opportunity provider.

Loaded Breakfast Skillet



Serves: 4

Total Time: 40 minutes

Ingredients

- 1 & 1/2 cups potatoes, peeled & diced*
- 1 red bell pepper, seeds removed & sliced*
- 1 green pepper, seeds removed & sliced*
- 1 small onion, halved & sliced thin*
- 1/2 cup mushrooms, sliced*
- 2 cloves garlic, minced*
- 3/4 cup of spinach, packed*
- 4 large eggs*
- 1/2 tsp. parsley
- 1/2 tsp. oregano
- 3 Tbsp. olive oil
- 1/2 tsp. salt
- 1/2 tsp. black pepper

***WIC approved ingredients**

Instructions

1. Add parchment paper to a large baking sheet. In a mixing bowl, add potatoes and 2 Tbsp. olive oil. Toss to coat. Add to baking sheet. Bake for 30 minutes, flipping halfway through.
2. In a large skillet over medium heat, add 1 Tbsp. olive oil, onions and peppers. Cook for 3- 5 minutes. Add mushrooms, seasonings, and garlic and cook another 5 minutes. Add spinach. Once wilted, add roasted potatoes to skillet and stir.
3. Carve 4 wells in the skillet and crack an egg in each well and cover skillet with lid or foil. Cook 3-6 minutes depending on your preference. Serve warm.