

WIC HIGHLIGHTS

March 2024

National Nutrition Month®

Eat Right on a Budget

Meal planning, shopping smart and food prepping can save time and money. Here are some tips to eat right on a budget.



Make a Plan

Start small and make a meal plan for one week. Review recipes and make a grocery list. Look for ones that use in-season fruits and vegetables; they will be less expensive. Check your pantry first to see what items you have on hand and remove those items from the grocery list.

Shop Smart

Before shopping, check the store flyer to see what items are on sale for the week. Stick to your list as you shop. Skip aisles that don't have items on your list. If opting for frozen or canned fruits and vegetables, look for fruit that is packed in 100% juice or water and canned vegetables labeled as "low in sodium" or "no salt added."

Prepare for Success

Chop fruits and vegetables ahead of time. Store for easy access for meal or snack time.

Scan the QR code for a seasonal produce guide.



CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

Easy Baked Chicken & Rice



Ingredients

- 4 chicken breasts (or 6 thighs)
- 1/2 cup milk*
- 2 cups chicken broth (or stock)
- 2 cups frozen mixed vegetables*
- 1 cup uncooked, brown instant rice*
- 1/2 cup shredded cheese
- 1 tsp. onion powder
- Pinch of salt and pepper

****WIC approved ingredients***

Instructions

1. Pre-heat oven to 375 degrees.
2. Season raw chicken with salt and pepper and set aside.
3. Mix all other ingredients into a baking dish.
4. Place chicken breasts on top and bake for 45 minutes. (If using chicken thighs, bake them with the skin side facing up). Serve warm.