

# WIC HIGHLIGHTS

October 2024

## Breast Cancer Awareness Month

In the United States breast cancer is the most common cancer in women. Here are a few ways to lower the risk of developing breast cancer:

- Regular physical activity
- Avoid or limit alcohol
- Routine mammograms
- Eat a healthy diet
- Breastfeeding

## Breastfeeding Benefits

Most people are probably aware breastfeeding is healthy for infants but they might not know it's actually beneficial for mom, too. For moms, breastfeeding can lower risk of breast and ovarian cancer, type 2 diabetes and high blood pressure.



## Self-Exam

Adult women of all ages should perform breast self-exams at least once a month. Call your doctor if you notice anything unusual such as a new lump.

Scan the QR code to learn how to do a breast self-exam.



[nationalbreastcancer.org/breast-self-exam/](https://nationalbreastcancer.org/breast-self-exam/)

## Foods For Your Breast Health

- Leafy green vegetables
- Berries
- Nuts
- Citrus fruits
- Yogurt
- Fish



## CLINTON COUNTY WIC PROGRAM

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# Pumpkin Spice Bites



## Ingredients

- 4 packets of original instant oatmeal\*
- 1/2 cup peanut butter\*
- 1/2 cup pumpkin puree\*
- 1/4 cup honey
- 1 tsp. vanilla extract
- 1.5 tsp. cinnamon

***\*WIC approved ingredients***

## Instructions

1. In a medium bowl, add one and a half cups oats, peanut butter, pumpkin, honey, vanilla and cinnamon. Stir to combine well. The mixture should be soft, but not too sticky. If overly sticky, add up to half a cup more oats.
2. Scoop large spoonfuls into your hand and roll into balls (approximately 20).
3. Keep in the fridge for up to a week, or in the freezer for longer.