

# WIC HIGHLIGHTS

September 2024

## Say Yes to Whole Grains

Whole grains are nutritious, delicious and provide many health benefits. Strive to make half of your grains whole grains each day. WIC can help with that!

### Whole Grain Benefits

Compared to refined grain products (like white bread), whole grains have more fiber, vitamins and minerals as they are less processed.

Eating whole grains regularly:

- Helps control blood sugar levels.
- Helps reduce blood cholesterol levels.
- Helps maintain a healthy weight.
- Keeps you feeling full longer.
- Helps with regular digestion.

Scan the QR code to learn more about the Whole Grain Stamp.



[wholegrainscouncil.org/whole-grain-stamp](http://wholegrainscouncil.org/whole-grain-stamp)

### WIC Approved Options

The WIC food package offers a variety of whole grain options. Double check the package size when shopping. Unsure if it's the correct size? Use the UPC scan feature on your WIC2GO app.

#### Must be purchased in a 16 ounce package:

- Whole wheat bread
- Whole wheat tortillas
- Whole wheat pasta

#### Can be purchased in a variety of sizes:

- Brown rice
- Oatmeal
- Cereal

### Farmers Market Coupons

Did you love using your Farmers Market Coupons? This year we are giving out a second booklet of coupons on a **first come, first serve** basis. Call the WIC office if you're interested.

## CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: [nywic@clintoncountyny.gov](mailto:nywic@clintoncountyny.gov)

Web: [www.clintonhealth.org/wic](http://www.clintonhealth.org/wic)



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# Banana Bread



## Ingredients

- 1 & 1/4 cups flour
- 1/2 cup whole wheat flour
- 1 tsp baking soda
- 1/4 tsp salt
- 1/4 cup vegetable oil
- 1/2 cup sugar
- 1 egg\*
- 3 very ripe bananas, mashed\*
- 1 tsp vanilla
- 1/2 cup walnuts, chopped (optional)

**\*WIC approved ingredients**

## Instructions

1. Heat oven to 350°F.
2. Coat a 8x4-inch loaf pan with oil.
3. Mix flours, baking soda and salt in a large bowl.
4. Mix oil, sugar and egg together in a separate bowl.
5. Add to flour mixture. Stir to combine.
6. Stir in bananas, vanilla and nuts.
7. Pour into prepared pan. Bake for 45 minutes or until toothpick inserted in center comes out clean.
8. Cool in pan 15 minutes. Remove bread from pan to cool completely.
9. Serve warm or enjoy later.