Memorandum

#21-090

TO: WIC Regional Directors
    WIC Local Agency Directors

FROM: Amanda Hovis, Director
      Nutrition Education/Clinic Services Unit
      Nutrition Services Section

DATE: October 4, 2021

SUBJECT: NEW Texas WIC Recipe Videos

Nine new Texas WIC recipe videos are now available in English and Spanish on TexasWIC.org!

WIC Recipes

- Cauliflower with Lemon
- Homemade Chicken Nuggets
- Spinach Salad with Egg
- Fruit Juice Pops
- Guacamole
- Salsa
- Coleslaw
- Fruit Salad
- Fruit Dip

This institution is an equal opportunity provider.
WIC recipes help families prepare healthy meals and snacks and get the most out of WIC foods. Real recipes for real life. Checkout all 50 recipes on https://texaswic.org/wic-foods-and-recipes and share this great resource with clients.

If you have questions or suggestions, please contact Beatrice Watson, Nutrition Education Specialist, at beatrice.watson@hhs.texas.gov.

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