



WOMEN, INFANTS, AND CHILDREN

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Newsletter

Quick & Healthy WIC Meals For Busy Families

MAKE THE MOST OF YOUR WIC FOODS

Easy ideas for Everyday Cooking

Eating healthy doesn't have to be complicated. With WIC, you already have the building blocks for simple, nourishing meals your whole family will enjoy. This recipe collection shows you how to turn everyday WIC foods—like milk, eggs, fruits, vegetables, whole grains, beans, and peanut butter—into quick and affordable meals. Whether you're cooking breakfast, lunch, dinner, or snacks, these ideas are designed to save time, reduce stress, and help you feel confident in the kitchen. No matter what your schedule, healthy meals can fit into your day.

VEGGIE AND CHEESE BREAKFAST BAKE

The Perfect, Make-Ahead Meal For Busy Mornings

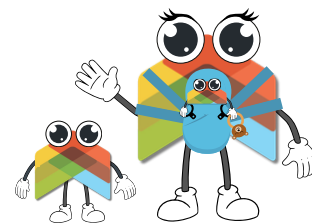
Create a warm, filling meal the whole family can enjoy! It's great for breakfast, lunch, or even dinner—and leftovers reheat well for the next day.

Ingredients

- 6 eggs
- ¼ cup milk
- 1 cup chopped vegetables (broccoli, peppers, spinach, or tomatoes)
- ½ cup cheese (cheddar or mozzarella)

Directions

- Preheat oven to 350°F. Lightly grease a small baking dish.
- Crack eggs into a large bowl and add milk. Whisk until smooth.
- Chop vegetables into small pieces if needed.
- Stir vegetables into the egg mixture until evenly combined.
- Pour mixture into the prepared baking dish.



Read more at
TheCentersOhio.org/WIC
to learn some fun & simple recipes!



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- Sprinkle cheese evenly over the top.
- Bake for 20-25 minutes, or until the center is set and no longer runny.
- Remove from oven and let cool for 5 minutes.
- Slice into squares and serve warm.

Time

- Prep: 10 minutes
- Cook: 25 minutes

Make it Your Own

- Swap in your favorite vegetables
- Add beans for extra protein, bacon crumbles, or chicken sausage
- Serve with whole wheat toast on the side
- Add Spices like Italian seasoning or Paprika



Serving Tip

Cut into squares and store leftovers in the fridge for up to 3 days. Reheat in the microwave for a quick meal anytime.

Make the night before and have this dish for breakfast the next morning!

DO YOU KNOW ABOUT THE CENTERED MARKET?

FREE Fresh Fruits and Veggies, Quick, Easy, and Close to Home

Getting healthy food shouldn't be hard. At our Centered Markets, you can pick up fresh, FREE produce in a quick and easy drive-thru, or walk up format. Join us from 12-2 PM at our Gordon Square location and grab what your family needs—no appointment needed. Everyone is welcome!

Mark your calendars for 2026 Centered Market Dates!

- June 11
- July 9
- August 13
- September 10

FREE COOKING DEMOS

Learn How to Cook With WIC Approved Foods

2026 WIC Cooking Demos!

July 7th & 9th at 5:00PM - 7:00PM

Cornucopia Space

7201 Kinsman Rd #104 | Cleveland, OH 44104

Learn more about
The Centered Market



THE CENTERS

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