

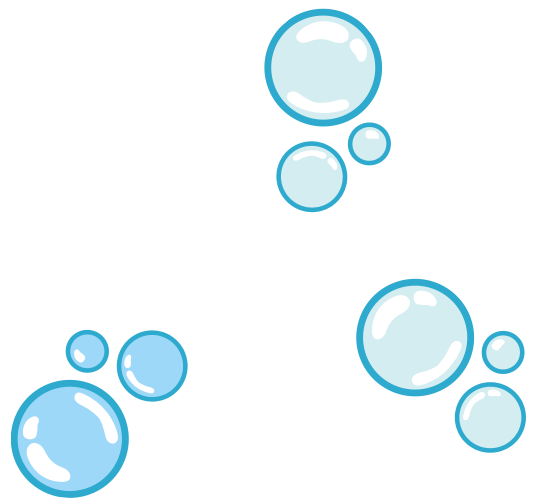
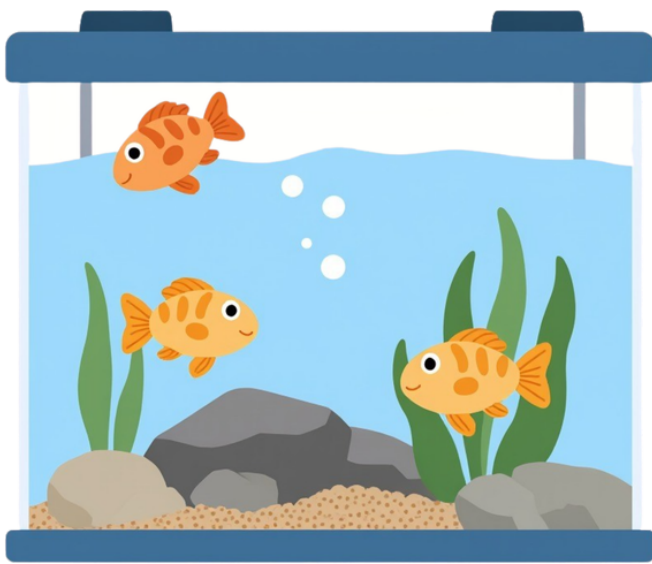


**Clermont County
Public Health**
Prevent. Promote. Protect.

WIC Newsletter

SEPTEMBER - NOVEMBER 2026

Canned fish is o-fish-ally WIC approved for women and children

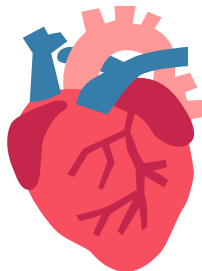


Reel in the health benefits of fish

Eating fish, like tuna or salmon weekly:



Builds a
HEALTHY
BRAIN



Builds a
HEALTHY
HEART



Builds
STRONG BONES
+ MUSCLES

FOLLOW US ON
SOCIAL MEDIA

**Clermont County
Public Health**



Activity corner

Stay active this fall with family-friendly activities:

- Visit a pumpkin patch
- Go apple picking
- Go to a corn maze
- Rake leaves and jump in the pile
- Go for a nature walk
- Have a family game night
- Have a bonfire
- Visit the library for fall-themed books



Recipe corner

Open a can of tuna or salmon and serve:

- *On a cracker*
- *Wrap in a lettuce leaf*
- *Add to salad to make a meal*

Tuna patties

- Two 5 oz cans of tuna, drained
- ½ cup whole grain cereal, crushed or ½ cup breadcrumbs
- 1 egg
- ⅓ cup chopped onion
- ¼ cup mayonnaise
- 1 Tbsp. oil for cooking



Mix egg, onion, crushed cereal (or breadcrumbs), mayonnaise and tuna together.

Shape into 12 patties.

Heat oil in skillet, over medium heat.

Carefully brown both sides until patty is thoroughly cooked.



**Department of
Health**

Women, Infants, and
Children Program (WIC)

Name two health benefits of eating fish weekly:

1. _____
2. _____

This institution is an equal opportunity provider