



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

WIC Newsletter

MARCH-MAY 2026



Spring into Health!

- Change your food choices for a variety of nutrients.
 - Try new recipes:
www.myplate.gov/myplate-kitchen/recipes
- Learn cooking and meal prep skills that work with the resources you have.
- Plan ahead to avoid mealtime stress.
- Include physical activity in ways that work for you.

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**Clermont County
Public Health**



Move your body!

Spring is a great time to be active outside! Check out new parks, playgrounds or trails:
www.clermontparks.org/our-parks/

- Adults should aim for 150 minutes of activity per week.
- Children should aim for 60 minutes of active play each day.
- It all counts! You can break it up throughout the day.



Blueberry Banana Smoothie

- 1 banana, peeled and chopped
- 1 cup frozen or fresh blueberries
- 6 oz vanilla yogurt
- $\frac{3}{4}$ cup milk
- 1 tbsp honey
- $\frac{1}{2}$ cup ice cubes

Put all ingredients into blender and blend until smooth.

Tip: Spray tablespoon with cooking spray so honey slides off easily.



Department of
Health

Women, Infants, and
Children Program (WIC)

What goals would you like to set?

1. _____

2. _____

This institution is an equal opportunity provider