Clermont County Public Health
Prevent. Promote. Protect.

WIC Newsletter

December '26-Feburary '27

Eat Bright Feel Right



Make the most of seasonal fruits and veggies!

- Add oranges, lemons, and limes to water.
- Use roasted winter squash in salads.
- Roast carrots, turnips, or parsnips as a side.
- Bake sweet potatoes.
- Add arugula, kale, spinach, or swiss chard to salad.

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Activity Corner

Don't let the cold keep you from being active!



- Bundle up and get outside daily.
- Walk through holiday lights.
- Dance to music with your child.
- Go to a holiday festival.
- Build a snowman.
- Look for birds or other wildlife.
- Take a hike in the woods.
- Act out a story together.

Healthy Winter Salad

Arugula and Fruit Salad



- Wash and dry one bunch of arugula
- 1 orange peeled and sliced
- 1 pear diced
- 1 apple diced
- Mix together in a bowl
- Dressing:
  - 1Tablespoon olive oil
  - 1 Tablespoon apple cider vinegar
  - 1 Tablespoon maple syrup
  - Whisk together and pour over arugula and fruit. Serve immediately.



Department of Health
Women, Infants, and Children Program (WIC)

What are two healthy habits you can practice this fall?

1._____

2._____

This institution is an equal opportunity provider