



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

# WIC Newsletter

OCTOBER-DECEMBER 2025



## Fall into Healthy Habits

As the seasons change, it's a perfect time to establish healthy habits that can support your well-being throughout the year:

- Set realistic goals
- Make healthy choices
- Find an activity you enjoy
- Add movement to your daily routine
- Make sleep a priority
- Hydrate regularly
- Manage stress
- Get regular checkups
- Pursue healthy relationships



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# Activity Corner

Stay active this fall by trying some of these family-friendly activities:

- Visit a pumpkin patch
- Carve pumpkins
- Go apple picking
- Go to a corn maze
- Enjoy a fall festival
- Rake leaves
- Go for a nature walk
- Have a family game night
- Have a bonfire
- Visit the library for fall-themed books



# Healthy Fall Recipe

## *Roasted Sweet Potatoes*

- Preheat your oven to 425F. Line a baking tray with parchment paper or foil for easy clean up.
- Slice sweet potatoes in half lengthwise.
- Brush the cut side with olive oil, or spray the tray really well and make sure the cut side gets coated with olive oil.
- Bake for 35-45 minutes depending on the size of your sweet potatoes. They should be soft when you touch them and a fork should easily go through.
- Flip them over and sprinkle well with salt.

Sweet potatoes are a great source of vitamins A and C, fiber and potassium. They offer lasting energy and can help manage blood pressure.



Department of  
Health

Women, Infants, and  
Children Program (WIC)



What are two healthy habits you can practice this fall?

1. \_\_\_\_\_

2. \_\_\_\_\_

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