



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

# WIC Newsletter

DECEMBER 2025 - FEBRUARY 2026



## Ways to stay warm!

**When it is cold outside, keep your body moving to help stay healthy, happy and warm.**

- **Bundle up and go for a brisk walk**
- **Play indoor hide and seek**
- **Play follow the leader with different movements**
- **Play Simon Says with different directions**
- **Dance with your baby or child**

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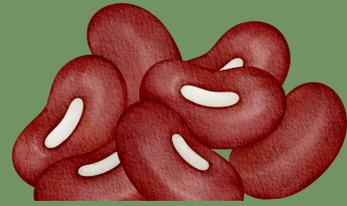
**Clermont County  
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# Veggie and Bean Soup

## Ingredients



1 Tablespoon Olive Oil

1 15oz can diced tomatoes

1 15oz can mixed beans or cannellini beans

3 cups vegetable or chicken broth

2 cups chopped mixed vegetables (like carrots, green beans, peas, spinach)

Heat olive oil in a large pot over medium heat.

Add the vegetables and cook for 5 minutes.

Rinse and drain the beans.

Add beans, tomatoes, and broth to pot.

Bring to a boil and then turn heat down to simmer for 20 minutes.

Add salt and pepper to taste.

# Healthy Winter Habits

- Get outside everyday
- Get 7-8 hours of sleep at night
- Drink plenty of non sugary fluids
- Eat a variety of fruits and veggies everyday



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