



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

# WIC Newsletter

JUNE - AUGUST 2026



## Healthy Choices

- Enjoy more fruits and vegetables this summer
- Drink plenty of water
- Try new healthy recipes
- Wash produce well
- Shop local farmers markets

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Public Health**



# Summer Fun

Take a nature walk

Go swimming

Run through the sprinklers

Play yard games

Have a dance party



# Avocado Salad

- 2 ripe avocados, cubed
- 1 cup cherry tomatoes, halved
- 1 cucumber diced
- ¼ red onion, finely diced
- 2 tbsp olive oil
- 2 tbsp fresh lime or lemon juice
- salt and pepper to taste

Place all ingredients into a bowl. Drizzle with olive oil and lime or lemon juice. Gently toss to coat.



**Department of  
Health**

Women, Infants, and  
Children Program (WIC)

**What goals do you want to set?**

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

This institution is an equal opportunity provider