

May - July 2018

Clermont County WIC News



What's new at WIC

Whole wheat pasta now a whole grain option

WIC Farmers' market coming in July

WIC has texting!

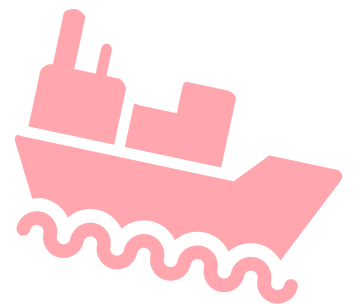
Infants foods are now Gerber brand

Food Miles

Food miles are the distance a food travels from the farm where it was grown or raised to your home.

On average, food travels 1,500 miles from farm to table.

Consider buying locally grown foods for fresher taste, to support local families and to help the environment.



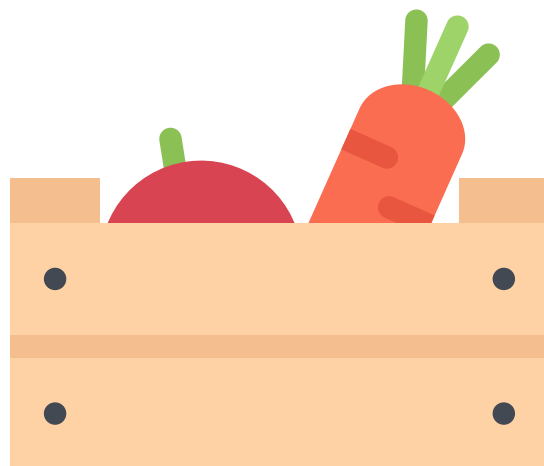
Seasonal Eating

Seasonal eating is when you eat foods that are currently being grown and harvested at the same time you buy them.

Eating foods that are in season, or seasonal eating benefits you in many ways:

- + Seasonal foods tastes better
- + Eating seasonal foods is often cheaper
- + Seasonal eating helps the environment
- + Seasonal foods can be more nutritious
- + Eating seasonally and locally adds variety

The best way to get started eating seasonally is to grown your own food!



**CLERMONT
COUNTY WIC
FARMERS' MARKET
COMING SOON!**



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



Women, Infants, and Children Program

This institution is an equal opportunity provider.