

# Printable Winter Wellness Checklist

## Immune-Boosting Foods

- Citrus fruits (oranges, lemons, grapefruits)
- Leafy greens (spinach, kale, Swiss chard)
- Garlic and ginger
- Bone broth
- Probiotic-rich foods (yogurt, kefir, sauerkraut)

## Natural Remedies

- Elderberry syrup
- Raw honey
- Eucalyptus essential oil
- Herbal teas (chamomile, peppermint, turmeric)
- Salt for gargling

## Preventive Practices

- Hand soap for frequent washing
- Humidifier to combat dry air
- Reusable water bottles to encourage hydration
- Exercise gear for indoor activities
- Vitamin D supplements

## Self-Care for Moms

- Lemon for morning warm lemon water
- High-quality multivitamin

- Journal or book for downtime
- Cozy blanket for relaxation

## **Smart Shopping Tips**

- Look for seasonal produce (citrus fruits, winter squash)
- Stock up on staples (bone broth, garlic, ginger)
- DIY ingredients (elderberries, herbal tea blends)