

Spring 2020

WICtivities

Morrisville District Office

www.healthvermont.gov/calendar

Eating Smart, Being Active

Thursdays, March 5th through April 9th

12:30-2:00 pm

Clarina Howard Community Kitchen, 120 Northgate Plaza in H.A. Manosh Building

Parents and caregivers are invited to this exciting, interactive nutrition and cooking series with a focus on eating for optimal health and wellbeing. Topics will include meal budgeting and planning and hands-on culinary skills. Participants take home new culinary tools each week, and a graduation certificate and gift are available if you attend 5 of the 6 events. To sign up, call Katie Black before Feb. 19th: 802-888-4972 ext. 401.



Healthy Hearts

Friday, February 14, 2020

11:00AM to 12:00PM

Clarina Howard Community Center (in HA Manosh building, leftmost/single-story side), 120 Northgate Plaza, Morrisville, VT 05661

All ages are invited to celebrate their healthy hearts and take home their own Valentines, then make and sample heart-shaped, heart-healthy granola bars and fruit fondue skewers. Please call 888-7447 to sign up!

Friday Fun Family Food Fests

May through September

3rd Friday of each month (May 15, June 19, July 17, August 21, September 18)

11:00 am –1:00 pm

Oxbow Riverfront Park, 257 Portland Street, Morrisville



Fun for the whole family! Yoga, community garden, rail trail walks, fresh local fruits and veggies to take home, recipe demonstrations and sampling, Salvation Farms, WIC, EFNEP, CHSLV, Head Start and more! Call Nancy at Vermont Dept of Health@ 888-7447 for more information and/or to register.

Baby Shower for Pregnant Women

The 3rd Tuesday of Every 3rd Month (March 17, June 16, September 15, December 15)

4:00-5:30 pm

Steven's Conference Room at Copley Hospital, 530 Washington Hwy., Morrisville

It's a baby party with snacks, free shopping for baby clothes and more. All expecting women and their supports are invited to learn about prenatal health, nutrition, breastfeeding, and birthing. Facilitated by community specialists in nutrition, birthing, breastfeeding and literacy. We will also share must-know tips and information on what to expect as a parent in the first few days and weeks. Please call 888-7447 to register.

Understanding Your Baby's Cues

Tuesday, May 5, 2020

2:00-3:00 pm

Steven's Conference Room at Copley Hospital, 530 Washington Highway, Morrisville

Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry, and what they need can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure. Congratulations, and let WIC help you enjoy the wonders of being a new parent! Please call 888-7447 to sign up.

Johnson Story Hour

Wednesday, April 22, 2020

10:00-11:00 am

7 Library Street, Johnson, VT 05656

Join WIC at the Johnson Library Story hour for story time, songs and planting seed starters! For more information, call 635-7141.

Shopping Tours

Ever wish you had your own personal grocery shopping assistant? Well now you can when you join a nutritionist at the grocery store to shop for your WIC foods! Call 888-7447 to request an appointment.

Convenient Appointment Locations

Did you know? Morrisville WIC offers appointments at the following locations: 63 Professional Drive in Morrisville, United Church in Johnson across from Sterling Market on Route 15, Hardwick Health Center at 4 Slapp Hill (NEW), and Appleseed Pediatrics in Morrisville--for existing patients. For more information, please call 888-7447.