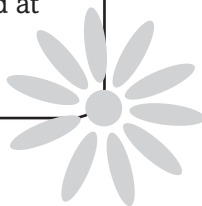


# Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

Call 479-7442 for more information or to sign up  
(or sign up at your next WIC appointment).

All activities, except the grocery store tours, will be held at  
the Vermont Department of Health, WIC office  
McFarland Office Building, 2nd floor, Barre



## Ways to use your WIC foods

2:00–3:00 p.m.

**Peanut Butter Yogurt Dip**  
Friday, March 31

**Pesto, Rice and Beans**  
Friday, April 28

**Cucumber Salad with Tomatoes**  
Wednesday, May 31

We will demonstrate creative and  
fun ways to use your WIC foods  
and provide recipes that your whole  
family can enjoy.

## Couponing basics

Friday, March 24; 2:00–3:00 p.m.

Would you like to be more coupon  
savvy? Come and learn how. We  
will discuss how to get started, how  
to organize your shopping trip, and  
much more. Those that attend will  
receive a free reusable shopping bag.

## Container gardening

Monday, April 24; 10:00–11:00 a.m.

Growing your own veggies can be  
healthy, fun, and economical. This  
will be a fun, hands-on workshop,  
and the whole family can be  
involved. You can start your first  
seeds in the WIC office.

## Prenatal breastfeeding group: Preparing for birth & the first 10 days

4th Wednesday of each month:  
March 22, April 26, May 24  
11:00 a.m.–Noon

Share worries about being a new  
mother/parent/grandparent, etc.  
Learn the hospital practices that  
support breastfeeding. Discuss  
Infant Feeding Plans. Understand  
when breastfeeding is going  
well, and when to call the doctor.  
Recognize the signs that baby is  
getting enough to eat.

## Understand your baby's cues

4th Wednesday of each month  
March 22, April 26, May 24  
1:00–2:00 p.m.

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 will help her to  
feel more safe and secure.

All activities are FREE  
of charge!

## Make your own baby food

Wednesday, May 10  
10:00–11:00 a.m.

Making your own baby food is easy!  
Many of the foods your family  
eats can be used. Most foods can  
be cooked and pureed for young  
babies, and mashed or chopped  
when your baby is ready for more  
texture. Those who attend will  
receive a free food mill.

## Grocery store tours

By appointment

Price Chopper, Barre;  
Hannaford, South Barre;  
Shaw's, Berlin, Montpelier,  
Waitsfield, Waterbury

Do you need help making the  
most of your WIC Benefits  
each month? If so, schedule  
an appointment for a grocery  
store tour with a nutritionist  
and we will help you through  
the aisles using the *WIC  
Program & Food Guide*. We  
will help you find all of your  
favorite WIC eligible foods  
and share tips on how to  
maximize your monthly  
benefit. Call 479-7442 to  
schedule a tour.