



Why is active play important?

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

Active children are less likely to weigh too much.

Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.

Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.

Active play can also help the mind develop. Playing “pretend” lets kids be creative.

Active children are more likely to be happy and feel good about themselves.

Children feel proud after learning how to bounce a ball or ride a bike

Indoor play

Act out a story

Turn up the music and dance

Walk inside a shopping mall

Play games, such as duck-duck-goose,

hide and seek, follow the leader, Simon says

Outdoor play

Family walks after dinner

Play catch









Take a nature hike

Games in the yard or park

Build a snowman

Happens Every Month

Please complete ONE activity by the end of _____ for your food benefits to continue.
Household ID # _____

- ☐ **Head Start:** Many classroom and home-visit activities have been WIC approved. Talk to your child’s classroom teacher or home visitor for more details. 
- ☐ **Grocery Store Tours:** Do you need help making the most of your WIC benefit every 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 and Food Guide*. We will help you find all your favorite WIC eligible foods and share tips on how to maximize your monthly benefit. Call (802) 524-7970, to schedule a tour. 
- ☐ **Nurse Family Partnership (NFP):** This program provides education and support for new families. The goals are to help you have a healthy baby, learn how to promote your baby’s health and development, and to help you achieve your own goals. For more information about the program call Rhonda @ 393-6775. If you already receive NFP visits, talk with your home visitor about how to receive WIC credit. 
- ☐ **The Secrets of Baby Behavior:** Join other pregnant women like you, to learn about newborn behavior— so, you know what to expect after your baby is born. We’ll talk about hunger cues, infant sleep patterns and reasons for crying, and we’ll also help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. This class is available to all participants of the NWMC Healthy Beginnings program, that takes place Mondays, from 6-8pm. Location: Northwestern Medical Center in their Family Birth Center conference room. 
- ☐ **WIChealth.org:** Complete your WIC nutrition education online with **wichealth.org**. You're just a few clicks away from discovering ways to help keep you and your family healthy. Lots of families like these activities because they can be done at your convenience in the privacy of your own home. Check us out @ www.wichealth.org 
- ☐ **RiseVT / Rise TV:** RiseVT is a movement towards better health for people of all ages in Franklin and Grand Isle Counties. Watch one of these great videos (listed below), at home and call the office with the WIC Approved Activity code mentioned during the video and discuss the video with a WIC staff member. Visit the RiseVT YouTube page for all of the great video options. <https://www.youtube.com/channel/UCV2sVgwo9J86ZrRI4-n19sA> 
- ☐ **WIC approved RiseVT videos:** Rise VT Kids Yoga, Healthy Story Time, Home Workouts, Resistance Bands, and Smoothie Making
- ☐ **Story Time:** Families participate in movement and craft activities and enjoy listening to fun stories. All families welcome – Some story hours include a healthy snack!
 - Franklin Haston Public Library on Thursday mornings starting at 10:30 AM.
 - Fairfax Community Library on Tuesday mornings at 9:30 AM
 - Enosburgh Public Library every Saturday 10-11AM. Enosburgh Public Library also offers a Mommy and Me Story Hour Every Friday 9-10 AM
 - Fairfield (BNML) Library every Wednesday from 10 -11:30am.
- ☐ **Movement and Music Story Time:** Movement and Music Story time is an activity at the St. Albans Free Library that incorporates physical activity/ movement with music. The Activity is geared for ages 0-6, that encourages and promotes exercise by making it fun through music! Its located at the St. Albans Free Library (11 Maiden Lane, St. Albans VT 05478) – and takes place on Mondays at 10:30 am! 

Recipe of the Month

Cuban Black Bean Soup

Ingredients

- 2 tablespoons olive oil
- 2 large onions, peeled and chopped
- 2 carrots, scrubbed or peeled, chopped
- 2 celery stalks, chopped
- 4 garlic cloves, peeled and minced or chopped
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 1/2 teaspoons dried oregano
- 1 teaspoon cayenne pepper (if you like it spicy)
- 5 cups (three 15-ounce cans) black beans, drained and rinsed
- 8 cups low-sodium chicken or vegetable broth
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro leaves, for garnish
- 4 tablespoons plain yogurt, for garnish

Kitchen Gear

- Large heavy-bottomed pot
- Measuring spoons
- Cutting board
- Sharp knife (adult needed)
- Colander
- Measuring cup
- Wooden spoon or heatproof spatula
- Pot holders

Instructions

1. Put the pot on the stove and turn the heat to medium. When it is hot, carefully add the oil.
2. Add the onions, carrots, celery, garlic, and spices and cook until tender, 10 to 15 minutes.
3. Add the beans and broth, raise the heat to high and bring to a boil. Lower the heat to medium and cook, partially covered, for 2 hours, stirring frequently. (If at any point the soup seems too thick and is starting to look like mud, add 1 to 2 cups more broth.)
4. Stir in the lime juice and taste the soup. Does it need anything to boost the flavor? More spices? Another squeeze of lime juice? A grinding of black pepper? A pinch of salt? Add whatever you think it needs. Serve right away, garnished with cilantro and yogurt, or cover and refrigerate up to 3 days.



Stay in Touch With WIC

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Key

Sign-in/Roster: 

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WIC Call: 

Other: 

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