



## 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 your 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. 
- 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. 
- Breastfeeding Moms Group:** Make a craft while talking with other breastfeeding moms. Open to anyone interested in learning more about breastfeeding. Group meets the 1<sup>st</sup> Wed. of every month from 10:30am- 12 at St. Albans WIC – on the 3<sup>rd</sup> floor! (27 Federal Street Suite 301, St. Albans, VT 05478) 
- Latch On:** Learn more about breastfeeding and share stories in a relaxed and caring environment. This group is for babies and pregnant moms. Group meets every 3<sup>rd</sup> Saturday from 10am – Noon at Northwestern Medical Center in their Wellness Room on the Family Birth Unit. 
- Baby Massage & Breastfeeding Group:** These groups are a great way to learn about breastfeeding, the benefits of baby massage and parenting. Group meets every 2<sup>nd</sup> Wed. from 9:30am – 11:15am @ the Alburgh library. 
- 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. Open to Northwestern OB/GYN patients in their 3<sup>rd</sup> trimester of pregnancy. Class meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays @ 3:45PM. Location: Northwestern Medical Center in their Wellness Room on the Family Birth Unit. 
- Understanding Your Baby’s Cues:** 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. Congratulations, and let WIC help you enjoy the wonders of being a new parent! Group meets every 2<sup>nd</sup> Tuesday of the month from 10:00 – 11:00 AM at the WIC Office/3rd floor Education Room. 
- Prenatal Fitness: Fit Moms:** A great way to stay active during pregnancy! This class focuses on safe ways to exercise while pregnant and includes cardio, strength, relaxation and breathing. Taught by an AFAA certified instructor (Aerobics & Fitness Association of America). Join us Wednesdays, 5:30-6:30 pm at Northwestern Medical Center in the Wellness Room (133 Fairfield Street, St. Albans) 
- WIChealth.org:** Complete your WIC nutrition education online with [wichealth.org](http://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](http://www.wichealth.org) 
- 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 
  - Highgate Public Library every Tuesday at 11am & Wednesday at 10am.
  - Fairfield (BNML) Library every Wednesday from 10-11:30am.

- RiseVT / Rise TV:** Good health is the key to a happy life. RiseVT is a movement towards better health for people of all ages in Franklin and Grand Isle Counties. Watch one of these great videos 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>



## One Time Event

- Prenatal Breastfeeding Class: Preparing for Birth and the First 10 Days:** For prenatal women considering breastfeeding. Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and learn the signs that breastfeeding is going well. Dads and grandparents are welcome, too! Call to register at 524-7970
  - Monday, May 22<sup>nd</sup> 6:00-7:30pm – Family Birth Center NMC Conference Room
  - Thursday, June 15<sup>th</sup> 12:00-1:30pm – WIC office 3<sup>rd</sup> floor Education Room
  - Wednesday, July 12<sup>th</sup> 6:00-7:30pm – Family Birth Center NMC Conference Room
  - Monday, August 7<sup>th</sup> 12:00-1:30pm – WIC office 3<sup>rd</sup> floor Education Room
- Farm to Family:** The Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruit from farmers' markets. WIC participants over the age of 6 months are eligible. There is a \$60 maximum benefit per family. Coupons are distributed on a first come, first serve basis. Ask your WIC Certifier for a list of distribution dates.



## Recipe of the Month

### White Bean Mac n' Cheese (serves 5)

#### Ingredients

- 1 ½ - 2 cups dried whole wheat pasta
- 1 15 or 15.5 ounce can white beans
- 2 tablespoons water
- 1 tablespoon butter
- 1 tablespoon whole wheat flour
- ½ cup milk
- 1 cup grated sharp cheddar cheese
- Salt and pepper to taste



Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) or [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov) for other healthy, budget friendly recipes!

#### Directions

1. Cook pasta according to package directions.
2. While pasta is cooking, pour beans and 2 tablespoons of water into a food processor or blender and blend until smooth (you can also mash beans using a fork).
3. Set aside.
4. Melt butter in a medium skillet on medium-low heat.
5. Add flour and stir to combine.
6. Slowly add the milk, whisking constantly so no lumps form.
7. Stir in the pureed white beans and cheese, gradually, until cheese has melted.
8. Toss the cheese sauce with the pasta and season with salt and pepper to taste.
9. Try adding additional spices such as garlic powder, red pepper flakes, basil or oregano. You can also top the mac n' cheese with a thin layer of whole wheat breadcrumbs and bake at 350 degrees until golden brown.

**Nutrient Analysis per Serving:** calories 300; carbohydrate 48g; fat 4.5g; protein 18g; sodium 530mg; fiber 8g

## Stay in Touch With WIC

- Facebook: [www.facebook.com/vdhstalbans](http://www.facebook.com/vdhstalbans)
- Email: [AHS.VDHOLHStAlbans@vermont.gov](mailto:AHS.VDHOLHStAlbans@vermont.gov)
- Phone: 802-524-7970

### Key

Sign-in:

On-line:

WIC Code:

Other:

WIC Card: