



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,

park hide and seek, follow the leader, Simon says

snowman

Outdoor play

Family walks after dinner

Play catch

Take a nature hike

Games in the yard or

Build a snowman

Happens Every Month

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



- Head Start and Early 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.



- CIS/HEART Program:** Children’s Integrated Services (CIS) support financially-eligible mothers through pregnancy and for two months after birth. Nurses provide support, parenting education, breast feeding support, and health information. To contact the CIS, call (802) 527-7531. **HEART Program** also provides universal home visits, a postpartum doula to help with meal prep and cleaning as well as perinatal mental health counseling. For more information, please call (or text) Jess Graff at (802) 777-8239 or ask your WIC certifier for a referral



- 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!



- Shopping with a Dietician:** Do you find food shopping frustrating and confusing? Join NMC Registered Dietitian Danielle Esenler as she guides RiseVT FGI Program Manager Denise Smith on a tour of a local supermarket to discover how to make healthy, economical food choices for you and your family! Watch the video here: <https://youtu.be/ogInR1ws-gs>

and call us at WIC (802) 524-7970 to let us know you watched it/discuss what you took away from the video, to have it count as your second nutrition ed activity!

Seasonal/One Time Events



- Winter Cooking Class:** A series of free cooking and nutrition classes for parents and children hands on cooking activities for those participating in **NOTCH It Up**. following each class, take home groceries will be provided to each family to encourage continued meal preparation at home. The local library will also be participating and sharing stories with a food/nutrition focus and free cookbooks will be available also.
At the successful completion of the series 4+ classes each family will receive a number of kitchen tools and a \$50 Hannafords or Vista Food card to encourage the continuation of the concepts acquired at these sessions. Held at the Enosburg Community Center (10am-12pm) and NOTCH Pinnacle room (3pm-5pm) from March 26th to April 4th.



- Winter Sledding:** Two free winter sledding events are planned for families during the winter school break. February 25th at the Richford Elementary School (10am-11:30am), and March 5th at the Enosburg Orchard Street Hill (2pm-3:30pm)

Recipe of the Month

[Any-Bean Dip](#) from *Chop Chop Magazine*

Ingredients

- Food processor (adult needed) or potato masher or fork
- Can opener
- Strainer or colander
- Measuring cup
- Measuring spoons
- Medium-sized bowl (if you're mashing by hand)

Kitchen Gear

- 1 (15-ounce) can beans, drained and rinsed with cold water
- 1 garlic clove, peeled and finely minced
- 1/4 cup olive or vegetable oil
- 3 tablespoons fresh lemon juice (about 1 lemon) or apple cider vinegar
- 1/2 teaspoon kosher salt

Instructions

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put all the ingredients in the food processor fitted with a steel blade and process until completely smooth. If you are adding optional ingredients (see "Fancy That!" below), add them now, and pulse to combine.

OR

1. Put all the ingredients in the bowl and mash the beans with the potato masher or fork until they're as smooth as you want them (or have the patience for).
2. Taste the dip. Does it need a squeeze of lemon or a pinch more salt? If so, add it and taste again.
3. Use right away or spoon into a lidded container, cover, and refrigerate up to 2 days.



FANCY THAT! Add any of the following:

- Grated zest of 1 lemon or lime
- 1/2 cup chopped fresh basil, parsley, or cilantro leaves
- 1/4 cup Spinach Pesto or chopped olives
- 2 tablespoons chopped chili peppers, chives, onions, or shallots

Stay in Touch With WIC

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Key

Sign-in/Roster:

On-line:

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