

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.



- Swanton Community Playgroup:** FREE playgroup at the Holy Trinity Church in Swanton and open to all parents and caregivers with children ages birth to five. Playgroups give parents and children a chance to play together, make new friends and share parenting ideas. Each week there is: free play, crafts, healthy snacks and movement activities planned. Thursday morning's from 9:30-11:00 (during the school year) in the Holy Trinity Church's downstairs nursery for music, movement and fun! Families from surrounding towns are always welcome! This is co-sponsored by Swanton Recreation and The NCSS Parent Child Center.



- 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



- **Swanton Spring Cooking Class:** A series of free cooking and nutrition classes open to all under 8 with a parent/caregiver. Following each class, take home groceries will be provided to each family to encourage continued meal preparation at home. At the successful completion of the series 4+ classes each family will receive a number of kitchen tools and a \$50 Hannaford's or Vista Food card to encourage the continuation of the concepts acquired at these sessions. Held at the Abenaki Community Room 100 Grand Avenue, Swanton VT Center, from April 22-26 (3:30pm-5pm). Contact Melanie Gross to register at (802) 255-5519

Recipe of the Month

Banana Pie Smoothie

from CHOP CHOP magazine

Ingredients

- very ripe banana, peeled and sliced
- 1 / 2 cup low-fat milk
- 1 / 2 cup plain low-fat yogurt
- tablespoons unsalted almonds (raw or roasted)
- 1 / 4 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 2 ice cubes



Kitchen Gear

- Measuring cup
- Measuring spoons
- Dinner knife
- Cutting board
- Blender (adult needed)

Instructions

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

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about minute.
3. Serve right away - or store in a thermos or covered in the refrigerator, up to 4 hours.

Side Notes!

Think Ahead: Freeze the banana ahead of time for a thicker, slushier smoothie!

Stay in Touch with WIC

Facebook: www.facebook.com/vdhstalbans
Email: AHS.VDHOLHStAlbans@vermont.gov
Phone: (802) 524-797

Address: VT Dept of Health – WIC
 27 Federal Street., Suite 211
 St. Albans VT, 05478

KEY

Sign-in/Roster:



On-line:



WIC Call:



Other:



WIC Card:



Interested in WIC?

WIC WOMEN
 INFANTS
 CHILDREN
 VERMONT DEPARTMENT OF HEALTH

- Do you have a child under 5? WIC in Vermont is here to help your family eat well and stay healthy.
 - When you choose WIC, you get nutrition information, breastfeeding support, healthy foods and personalized referrals.
 - Signing up is easy. Moms, dads, grandparents and foster parents can apply.
 - Learn more about WIC today by going to healthvermont.gov/WIC.
 - Call **(802) 524-7970** to find out if you are eligible to get started!
- The WIC Program is an equal opportunity provider.

