



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!



Seasonal/One Time Events

Journey to the North pole as part of the Festival of Trees: The Journey to the North Pole is a mile-long FREE guided walk through Downtown St Albans, starting at St Albans City hall, open to children of all ages. There are nine different locations, each with an activity of some kind. Each child who completes the walk will be entered a raffle for prizes.
Saturday, December 1st, 2018 at St. Albans City hall 9am-12pm.



Recipe of the Month

Sweet Potato and Chickpea Curry

From ChopChopmag.org

Ingredients

- 2 tablespoons vegetable oil
- garlic clove peeled and minced (finely chopped)
- 1, 1-inch piece fresh ginger, peeled and minced
- 1 tablespoon curry powder
- (14-ounce) can unsweetened coconut milk
- 1 tablespoon tomato paste
- 1/2 cup water
- 1/2 teaspoon salt
- sweet potatoes peeled and diced
- (14-ounce) can chickpeas, rinsed and drained
- 1 cup green peas (frozen is fine)
- Salt

Kitchen Gear

- Measuring spoons
- Sharp knife (adult needed)
- Cutting board
- Can opener
- Measuring cup
- Vegetable peeler (adult needed)
- Large skillet with lid
- Heatproof spatula



Instructions

1. Put the skillet on the stove and turn the heat to medium-low. When the skillet is hot, add the oil. Add the garlic and ginger and cook, stirring, just until you can smell them, about 30 seconds. Stir in the curry powder.
2. Add the coconut milk, tomato paste, water, and salt, and turn the heat up to medium. When the mixture is boiling (you'll see bubbles at the surface), add the sweet potatoes and chickpeas and stir.
3. Turn the heat down to low, cover the skillet, and cook at a gentle simmer, until the sweet potatoes are tender, about 15 minutes.
4. Uncover the skillet, add the peas, and cook for 5 minutes to blend the flavors, cook the peas, and thicken the sauce. Taste the curry and add a pinch of salt and/or another sprinkle of curry powder if the flavor needs a boost.
5. Serve right away or cover and refrigerate up to 2 days.

Stay in Touch With WIC

Facebook: www.facebook.com/vdhstalbans
Email: AHS.VDHOLHStAlbans@vermont.gov
Phone: 802-524-7970

Key

Sign-in/Roster: 
Last updated: 11/1/18

On-line: 
\\Nessie\CPH\Common\WIC_Ceres\District_Office_Folders\St.Albans\2nd Nut Ed Fliers

WIC Call: 

Other: 

WIC Card: 