

What is a WIC Activity?

A WIC Activity renews your WIC Food Benefits! You must complete a WIC activity within three months after your WIC appointment. Pick one activity from the list below to get your benefits for three more months.

WIC APPROVED ACTIVITIES

Happens Every Month

- **WIChealth.org:** Go online to complete an activity! Call WIC at 786-5811 to get your Household ID#.
- **PEG TV:** Watch an episode of “What’s Cookin’ Rutland”. During the show, a WIC Code will be displayed at the bottom of the screen. Call WIC at 786-5811 to let us know the code and one of the recipes you watched being prepared.
Channel 15 Schedule: Mondays 5:00 pm, Tuesdays 1:30 pm, Fridays 8:30 pm
www.pegtv.com - Click “Video on Demand” and choose “Cooking Shows”
- **Prenatal Baby Behavior/Postpartum Baby Cues/Pumping Classes:** Held the last Monday of the month. Contact our Breastfeeding Designee, Ashley Godzik, for more information at 786-5103.
- **Breastfeeding Class:** Held the second Tuesday of the month from 6:00 – 8:00 pm. Class is located at Rutland Regional Medical Center in the Leahy Center Rooms C & D. Call 747-3695 to sign up.
- **Grocery Store Shopping Tour:** Having trouble shopping with your WIC card? Call WIC at 786-5811 to set up a shopping tour at your local store.
- **EFNEP Nutrition Classes:** Want to learn more about nutrition, saving money, and preparing healthy, low-cost meals? All without leaving home and at a time that works for you? Call Kate Bilinski at 773-3349 ext 271.
- **Child care Center Coloring Page:** If your child goes to Little Lamb Early Learning Center, Neverland, or Rekarroos Child Care Center, connect with the center about having the WIC coloring page count as your WIC activity.
- **Smokey House Center:** Harvest produce during a Community Work Day. Smokey House grows food to be donated to hunger relief and community food programs. Contact Jamie to sign up.
jamie@smokeyhouse.org – 293-2300

Call WIC at 786-5811 if you attend a nutrition or physical activity related event, program, or service in our community.
We may be able to approve it as a WIC activity.



One Time Events

- **Up and a Whey:** A look at the importance of protein in our diet. In this WIC activity we will be considering the benefits of protein, one of the food groups in the MyPlate model. Stop by the WIC Activity Room on the first floor of the Asa Bloomer Building in Rutland on Wednesday, November 28 from 9:00 – 11:00 am or 1:00 – 3:00 pm. Participate in activities with your child, learn a little something about proteins, grab a mini cookbook and sample the featured recipe of the month. To sign up, call Jackie at 786-5113.
- **Holiday Baking:** Join WIC Wednesday, December 12 from 10:00 – 12:00 pm as we bake up some healthy treats for the holidays. We will bake and decorate cookies and take a look at the cookie recipes to find healthy alternatives that keep them delicious and make them more nutritious. To sign up, call Justin at 785-5110. Event will be held at Vermont Farmer's Food Center at 251 West Street in Rutland.
- **Warm Up with WIC:** Looking for a way to stay warm this winter? Stop by the WIC Activity Room on the first floor of the Asa Bloomer Building in Rutland on Monday, January 14, from 11:00 – 12:00 pm. You will be able to sample homemade soup made from WIC approved foods and learn about fun indoor activities for your little one! To sign up, call Ashley at 786-5103.
- **The Daily Dairy Count:** How much dairy does your child really need? At this WIC activity we will explore creative ways to meet your child's daily dairy count using the MyPlate model. Join us on the 1st floor in the WIC Activity Room in the Asa Bloomer Building on Wednesday, February 13, from 9:00 – 11:00am or 1:00 - 3:00pm. A sampling of calcium-rich foods will be available plus a Dairy Cookbook to take home. To sign up, call Jackie at 786-5113.