

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

- ◆ **WIChealth.org:** Go online to complete an activity! Call the WIC Office to get your Household ID#
- ◆ **SNACKtivity:** Drop-in to the WIC Office on the first Thursday of the month from 11:00am-1:00pm. Receive a pass to the Echo Center for your participation! **while supplies last*
- ◆ **Fluoride Clinics:** Schedule a fluoride application with our Dental Hygienist.
- ◆ **Aspire Together Program:** Attend a Well Pregnancy or Parenting Class to receive credit for your WIC Activity. Call Aspire Together at (802)658-2184 for more information.
- ◆ **La Leche League:** Call (802)879-3000 for dates and locations of meetings to support mothers in breastfeeding.
- ◆ **Prenatal/Postpartum Breastfeeding Classes:** Contact our Breastfeeding Peer Counselor, Jessica LaClair, for more information at (802)373-7074.
- ◆ **Grocery Store Shopping Tour:** Having trouble shopping with your WIC card? Call us to set up a shopping tour at your local store.
- ◆ **Pennywise Pantry:** Sign-up at www.citymarket.coop/calendar. (Promotional code: **healthyfamilies**) or stop by the store to register!
- ◆ **EFNEP Nutrition Classes:** Are you enrolled in the Expanded Food & Nutrition Education Program? Talk to you program facilitator to get credit for completing your WIC activity!
- ◆ **Family Room WIC Activity:** See the Family Room Calendar for WIC activity offerings!
www.thefamilyroomvt.org
- ◆ **Head Start:** Call WIC and let us know that your child participates in a Head Start Classroom.
- ◆ **Rise VT:** Watch and participate in a video on physical activity! Search [Rise VT](#) on YouTube to find the Rise VT channel and call WIC with the WIC activity code to receive credit.

Call us at 802-863-7323! If you attend a nutrition or physical activity related event, program, or service in our community, let us know! We may be able to approve it as a WIC activity.