

# Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program  
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

All activities are FREE  
of charge!

## Snacktivity

**Mondays, 10:00 a.m.–Noon**  
**September 10, October 8,**  
**November 19**

**Vermont Department of Health**  
**108 Cherry Street**  
**Burlington**

Drop in for a quick, tasty activity! Taste a snack made with WIC approved foods, do a fun drawing activity, and get a chance to chat with a WIC nutritionist about new recipes to try using your WIC food benefits. Bonus: Get a FREE pass to the ECHO Center!

No need to register — for more information, contact the Burlington WIC office at 802-863-7323.

## Check out WICHealth.org

Stay on top of your nutrition education requirement with WICHealth.org! This online nutrition education option can be used on any computer, tablet or smartphone. WICHealth.org offers lots of great recipes and tips on preparing healthy foods. Make sure you have your WIC household ID to get started.

Call the WIC office at 802-863-7323 to get it.

## Preparing to breastfeed and secrets of baby behavior

**Tuesday, October 2**  
**5:30–6:45 p.m.**  
**Community Health Center**  
**of Burlington**  
**Mansfield Room**  
**617 Riverside Avenue**  
**Burlington**

Learn how to know what your baby is telling you and get tips on beginning a strong breastfeeding relationship. Babies, partners and family members are welcome to attend.

Call or text Jess at 802-373-3037 to sign up.

## Making it work: Breastfeeding when separated

**Wednesday, October 10**  
**12:15–1:30 p.m.**  
**The Family Room**  
**20 Allen Street**  
**Burlington**

Get tips on keeping a strong breastfeeding relationship — even when apart at work or at school. Babies, partners and family are welcome to attend. Call or text Jess at 802-373-3037 to sign up.

## Visit the tooth lady

**Vermont Department of Health**  
**108 Cherry Street**  
**Burlington**

Pari, our dental hygienist, loves teeth and she wants to help you keep your child's teeth as healthy as can be! Schedule an appointment with Pari for fluoride application, or to talk about any oral health questions you may have.

Give her a call at 802-951-0079.



# FIT WIC FUN AND GAMES PAGE

## Fall Nature Walk

Fall is a great time to get outside! Go on a nature walk in your own backyard, your neighborhood, or even find a new-to-you trail or family-friendly hike. Bring a small bag and see how many of these items you and your child can collect. Or better yet, just check the items off the list as you find them or take pictures of them.

### What to look for:

- Acorn
- Pinecone
- Tree "helicopter" or "whirligig" (winged seed)
- Green leaf
- Orange leaf
- Red leaf
- Yellow leaf (or try to find the leaves of different types of trees, such as maple, oak and birch)
- Twig
- Piece of bark
- Pine needles
- Smooth stone
- Flat stone
- Feather
- Grass

What else did you see, find, hear, touch and smell on your fall nature walk?

When you get home, your child can make a small book of leaf rubbings or drawings of the things you found on your nature walk.

