

Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

All activities (unless otherwise noted) held at:
Vermont Department of Health
WIC Office, 2nd floor
McFarland Office Building
Barre

Call 802-479-7442 for more information or to signup.

Grocery store tours

By appointment

Price Chopper, Barre;
Hannaford, South Barre;
Shaws, Berlin, Montpelier,
Waitsfield, Waterbury; Village
Market, Waterbury; Tops,
Northfield

Do you need help making the most of your WIC benefits each month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the *Vermont WIC Food Guide*. We will help you find all of your favorite WIC eligible foods and share tips on how to maximize your monthly benefit.

Call 802-479-7442 or 802-479-8564 to schedule a tour.

Make your own salsa

Wednesday, September 12
11:00 a.m.–Noon

Join WIC nutritionists to learn how to make your own salsa. We will be using fresh ingredients from our McFarland Garden! Recipes and a sample will be provided.

Preparing for birth and the first 10 days

Wednesdays, September 26,
October 24, November 28
11:00 a.m.–Noon

Share worries about being a new mother/parent/grandparent, etc. Understand the hospital practices that support breastfeeding. Discuss infant feeding plans. Understand the signs that breastfeeding is going well, and when to call the doctor. Recognize the signs that baby is getting enough to eat.

Understanding your baby's cues

Wednesdays, September 26,
October 24, November 28
1:00–2:00 p.m.

Join other new parents like you to learn about baby behavior, understand how babies sleep, why they cry, and what they need. All these things can help you feel more relaxed and confident. Responding quickly to your baby's cues will help your baby feel more safe and secure.

All activities are FREE
of charge!

Frightfully tasty Halloween

Friday, October 26
1:00–2:00 p.m.

Join WIC nutritionists in celebrating Halloween with some healthy Halloween treats. We will start with story time followed by creating healthy Halloween treats. Costumes are encouraged. Attendees will receive a free reusable bag and children's book.

Make your own baby food

Friday, November 9
10:00–11:00 a.m.

Making your own baby food is easy. Join us to learn how to make healthy and delicious food for your baby. Many of the foods your family eats can be used. Most foods can be cooked and pureed for young babies, and mashed or chopped when your baby is ready for more texture. Those who attend will receive a free food mill.

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.

