

# Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program  
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

## Milk & mamas

Fridays, September 28, October 26  
10:00–11:00 a.m.

Catamount Connections  
504 Main Street  
Bennington

Share your breastfeeding and pumping experience; tears, triumphs, struggles, success and milk making story in a non-judgmental setting.

All activities are FREE  
of charge!

## Grain Train Choo-Choo

Friday, September 28

10:00–11:00 a.m.

location TBD

Which train will go faster? The train fueled with whole grains or the train fueled with refined grains? We will sample “fuel” from the winning train.

Call us for more information at 802-447-3531.

## MAYCA Playgroup

Wednesdays, October 3,  
November 7

10:00–11:00 a.m.

MAYCA Studio  
160 Benmont Avenue  
2nd Floor  
Bennington

Come tumble, climb, bounce and slide. Open play at MAYCA gymnastic studio.

## Calling all super heroes!

Friday, October 12  
10:00–11:00 a.m.

Vermont Department of Health,  
WIC Office, 324 Main Street  
Community Room  
Bennington

Want to learn how to eat like a super hero? Learn which foods make you strong, smart, and fast just like your favorite superhero. We will sample foods that make us healthy and strong.

# 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.

