

# Growing Healthy Families

MIDDLEBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program  
156 South Village Green, Middlebury, VT 05753 • 1-802-388-4644 or 1-888-253-8804

Unless otherwise indicated, all activities held at:  
Vermont Department of Health  
156 South Village Green  
large conference room, Middlebury

## Private grocery shopping tour

**On-going; by request**

Have some questions about shopping? Want to get the most out of your monthly food benefits? WIC staff are available for grocery store tours. We will meet you at a local WIC Authorized store and will go through the aisles with you, using the *Vermont WIC Food Guide*.

Call 802-388-4644 today to schedule your personal grocery store tour!

## Make your own salsa

**Monday, September 17  
11:00 a.m.–Noon**

Join us in making garden salsa using fresh ingredients! We will talk about the different veggies/herbs being used and some variations you can try at home as well. You'll get to leave with some delicious homemade salsa and the recipe!

Call Linda at 802-388-5743 to register.

All activities are FREE  
of charge!

## Baby behavior and breastfeeding class

**Thursdays, September 20,  
October 18  
2:00–3:00 p.m.**

Babies are born with the ability to communicate their needs — we just have to learn to recognize their cues. Come learn more about how babies communicate, how breastfeeding works, and best practices for a successful start. Partners and family support welcome. You'll leave our group feeling prepared, supported, and ready for baby!

To register, contact Gillian  
gillian.mackinnon@vermont.gov or  
802-388-5741.

## Baby shower: Preparing for birth and the first 10 days

**Thursday, November 8  
11:00 a.m.–Noon**

Join the Breastfeeding Peer Counselors for an hour of fun games, delicious food, and FREE shopping for books, clothes and other baby essentials. We will also share must-know tips and information on what to expect as a parent in the first few days and weeks. Can't make it? Don't worry, we have four baby showers a year and you can come to all of them.

Look for your invitation in the mail from your peer counselor or call WIC at 802-388-4644.

## La Leche League playgroup and Breastfeeding Café

**Wednesdays, September 5, October 3, November 7  
10:00–11:00 a.m.**

**Junebug Mother and Child  
Star Mill, Park Street, Middlebury**

Join other families and friends for a playgroup and breastfeeding café where moms are encouraged to bring their questions and have social time with other moms. Pregnant women and older siblings welcome!

Call Emily at 802-388-0363 for more info.

# 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.

