

# Growing Healthy Families

MORRISVILLE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
63 Professional Drive, Morrisville, VT 05661 • 1-802-888-7447 or 1-888-253-8798

## WIC gleaning taste demos

Thursdays, 2:00–3:00 p.m.  
Vermont Department of  
Health, WIC Office  
63 Professional Drive  
Morrisville

**Pasta salads**  
September 13

**Soups and Baby Foods**  
October 11

**Holiday Cooking**  
November 8

Join us as WIC staff partners with Lamoille Valley Gleaning to offer fresh produce monthly to families. Gleaning is the gathering of extra crops from the fields. Gleaning helps keep fresh, wholesome food in our community and supports a healthy food system. Pick up and taste freshly-picked vegetables from local farms while sampling a new recipe.

## Baby shower for pregnant women

Tuesday, September 18  
4:00–5:30 p.m.  
Steven's Conference Room  
Copley Hospital  
530 Washington Highway  
Morrisville

All expecting women and their supports are invited to discuss prenatal health, nutrition, breastfeeding, birthing, and more. Facilitated by community specialists

in nutrition, birthing, breastfeeding and literacy. Refreshments as well as free baby clothes and books will be provided.

Call 888-7447 to register.

## Healthy Halloween costume fun fest

Monday, October 29  
3:00–4:00 p.m.  
Vermont Department of Health  
WIC Office  
63 Professional Drive, Morrisville

Bring your children dressed up in costume (optional). We'll have some activities to get us moving while sampling fun healthy Halloween snacks.

## Nutrition at the Baby Chat Group and Breastfeeding Families Group

ongoing classes

Sponsored by Building Bright Futures, the Lamoille Family Center, and Lactation and Birthing Solutions, these free groups are facilitated by a community Maternal Child Health Specialist and allow parents and babies to socialize, play, and learn about developmental expectations. Scale available to weigh your baby.

Baby Chat Group meets first Thursdays at the Lanpher Memorial Library from 10:00–11:30 a.m., second Saturdays at the Lamoille Family Center in Morrisville from

10:00–11:30 a.m., and fourth Tuesdays at the Church of the Nazarene in Johnson from 10:00–11:30 a.m.

The Breastfeeding Families Group meets on the third Wednesday of each month at the Church of the Nazarene in Johnson from 11:00 a.m.–1:00 p.m. Call 888-3470 for more information.

## Postpartum baby cues and breastfeeding class

Thursday, November 29  
3:00–4:15 p.m.  
Vermont Department of Health  
WIC Office  
63 Professional Drive, Morrisville

Join other parents like you to become a baby whisperer; understand how babies sleep, why they cry, and what they need. Breastfeeding moms will also gain support and solutions to help meet their personal breastfeeding goals. Friends and family also welcome.

Please call 802-888-7447 to sign up.

All activities are FREE  
of charge!

# 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.

