

Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

Making your own baby food

Thursday, September 20

11:00 a.m.

Vermont Department of Health
300 Asa Bloomer Building
1st Floor WIC Clinic
Activity Room, Rutland

Join WIC to chat about making your own baby food and finger foods for your little one. We will sample some recipes and go over tips and tricks to create healthy meals with foods that are already in the kitchen.

Call Justin at 802-786-5110 to sign up.

All activities are FREE
of charge!

Hauntingly healthy Halloween

Wednesday, October 31

10:00–11:00 a.m.

Vermont Department
of Health
300 Asa Bloomer Building
2nd floor conference room
Rutland

Celebrate Halloween with some hauntingly healthy snack ideas. Everyone is encouraged to come in costume. We'll start our celebration with music and movement followed by creating monster treats that may be sampled!

To sign up, call Ashley at 802-786-5103.

Up and a whey

Wednesday, November 28

9:00 a.m.–3:00 p.m.

Vermont Department of Health
300 Asa Bloomer Building
1st Floor WIC Clinic
Activity Room, Rutland

A look at the importance of protein in our diet. In this WIC activity we will be considering the benefits of protein, one of the food groups in the MyPlate model. Participate in activities with your child, learn a little something about proteins, grab a mini cookbook and sample the featured recipe of the month.

Call Jackie at 802-786-5113 to sign up.

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.

