

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-885-5778 or 1-888-296-8151

WIC breastfeeding support group

Thursday, September 20

Friday, October 5

Thursday, November 15

1:00–2:45 p.m.

Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Join us for a fun, free workshop to learn more about newborn behavior while breastfeeding, what to expect after giving birth and simple tips for successful breastfeeding from birth onward. Partners and other family support welcome.

For more information or to register call 802-289-0600.

Cooking fresh!

Tuesday, September 18

5:30–6:30 p.m.

The Windsor Food Shelf
Trinity Evangelical Church
44 Main Street, Windsor
bottom floor

Join your WIC nutritionists in making baked egg muffins! We'll provide recipes, shopping tips and foods to taste. Like the recipe? You'll take home the ingredients to make it at home!

For more information or to register call 802-289-0600.

All activities are FREE
of charge!

Park's Place cooking demo

Thursday, September 27

5:00–6:00 p.m.

Parks Place
Community Center
44 School Street
Bellows Falls

Looking for healthy snack ideas for you and your kids to enjoy? Join us in making apple "nachos"! You will have a chance to make and taste the recipe, get tips for shopping on a budget and learn how to cook with WIC foods.

For more information or to register call 802-289-0600.

Let's eat! Ways to use WIC Foods

Thursday, October 18

11:00 a.m.–Noon

Health Care & Rehabilitation
Services (HCRS)

390 River Street
1st floor kitchen/cooking area
Springfield

Looking for creative and healthy Halloween treats? Join your WIC nutritionists in making spooktacular treats to share with family and friends this Halloween. You will have a chance to make and taste the recipe, get tips for shopping on a budget and learn how to cook with WIC foods. Costumes welcome!

To register call 802-289-0600

Healthy holiday dishes

Wednesday, November 28

11:00 a.m.–Noon

Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Join your WIC nutritionists in creating healthy holiday side dishes and desserts using your WIC foods. You will have a chance to make and taste the recipes, get tips for shopping on a budget and learn how to cook with WIC foods.

To register call 802-289-0600.

Springfield Hospital Breastfeeding Support Group

Tuesdays, Noon–2:00 p.m.

September 11, 25, October 9, 23,
November 13, 27

Springfield Hospital
Birthing Center
25 Ridgewood Road, Springfield

Meet other breastfeeding women like yourself and have your questions answered by a certified lactation counselor at this free support group. This is a baby-friendly place where you can ask questions about breastfeeding and also share with others about how your experience is going. Registration is not required — just come!

For more information call
802-885-7511.

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.

