

Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

Breastfeeding moms group

Wednesdays, 10:30 a.m.–Noon
September 5, October 3,
November 7

Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts.

Call 802-309-5927 to find location of the next group, and to register.

Prenatal breastfeeding class

Tuesday, September 18 and
Wednesday, November 14
6:00–7:30 p.m.

North Western Medical Center
Family Birth Center
conference room
133 Fairfield Street
St. Albans City

Thursday, October 11
Noon–1:30 p.m.
Vermont Department of Health
WIC Office, 27 Federal Street
3rd Floor, St. Albans

For prenatal women considering breastfeeding. Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and learn the signs that breastfeeding is going well. Dads and grandparents are welcome, too!

Call 802-524-7970 to register.

Make your own salsa!

Wednesday, September 19
10:30 a.m.–Noon
Vermont Department of
Health, WIC Office
27 Federal Street
3rd Floor, St. Albans

Join us in making garden salsa using fresh ingredients straight from our WIC Community Garden! 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 802-524-7970 to register.

All activities are FREE
of charge!

Grocery store tour

By appointment

Do you need help making the most of your WIC benefits each month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the *Vermont WIC Food Guide*. We will help you find all of your favorite WIC eligible foods and share tips on how to maximize your monthly benefit.

Call 802-524-7970 to schedule a tour.

Healthy Halloween

Wednesday, October 31; 10:00–11:00 a.m.
Vermont Department of Health
WIC Office, 27 Federal Street
3rd Floor, St. Albans

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 healthier Halloween treats to snack on together!

Call 802-524-7970 to register.

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.

