

Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

Make your own salsa!

Tuesday, September 11
2:00 p.m.
Vermont Department of Health
WIC Office
107 Eastern Avenue, Suite 9
St. Johnsbury

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 802-751-0171 to register.

All activities are FREE
of charge!

Hauntingly healthy Halloween

Wednesday, October 31; 3:00–4:30 p.m.
Vermont Department of Health, WIC Office
107 Eastern Avenue, Suite 9, St. Johnsbury

Join us for some Halloween games, activities and scary healthy snacks. Everyone is encouraged to come in costume.

Tackling picky eating

Tuesday, November 27
2:00 p.m.
Vermont Department of Health
WIC Office
107 Eastern Avenue, Suite 9
St. Johnsbury

Is your child a picky eater or you want to learn ways to avoid your child becoming a picky eater? Join us to learn tricks and ideas to help conquer picky eaters! Water bottles will be available to everyone that comes!

Call 802-751-0171 if you have questions.

Cooking for your family on a budget

6-class series
Thursdays, 3:00–5:00 p.m.
September 13, 27
October 11, 25
November 8, 15
Vermont Department of Health
WIC Office
107 Eastern Avenue, Suite 9
St. Johnsbury

Join us to learn basic and advanced cooking skills, technical skills and vocabulary pertaining to cooking (examples: chopping, dicing, sautéing, baking, roasting, etc.). You will also learn proper safety and sanitation procedures, and how to read and follow recipes. This series of six classes takes place in a hands-on environment. Child care will be provided!

Registration is required, please call Dani at 802-751-0183 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.

