

# Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

## Vermont Farm to Family Program

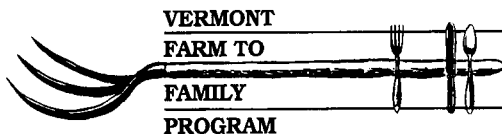
The Vermont Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruits from participating farmers' markets around the state. Coupons are available on a first come, first served basis to WIC participants age 6 months and older, valued at \$30 per booklet, with a maximum of \$60 per family. Coupon distributions begin July 2.

Mark your calendar now — attend one of the fun activities listed here to pick up your coupons.

Can't make to any of these scheduled Farm to Family activities? Go to [wichealth.org](http://wichealth.org) and complete an online activity about vegetables and fruits. Then call the WIC office to schedule picking up your Farm to Family coupons. See the back of this page for instructions to complete a [wichealth.org](http://wichealth.org) lesson.

Farm to Family activities also count towards your WIC Nutrition Activity.

See you this summer!



## Come to a Farm to Family Activity and get your coupons!

Join us for a fun family activity, recipes and more!

Drop in anytime during the times listed.

DATE	TIME	PLACE
Thursday July 5	2:00–4:00 p.m.	Vermont Department of Health WIC Office, Suite 250 5 Perry Street, second floor, Barre
Wednesday July 11	4:00–7:00 p.m.	Barre Farmers' Market Currier Park, Barre
Saturday July 14	9:00 a.m.–Noon	Capital City Farmers' Market State Street, Montpelier
Tuesday July 17	9:00–11:00 a.m.	Brook Street School 45 Brook Street, Barre
Wednesday July 18	2:00–3:00 p.m.	Waterbury Congregational Church 8 North Main Street, Waterbury
Wednesday July 25	Noon–1:00 p.m.	Aldrich Public Library 6 Washington Street, Barre
Thursday August 2	1:00–3:00 p.m.	Brook Street School 45 Brook Street, Barre
Wednesday August 8	4:00–7:00 p.m.	Barre Farmers' Market Currier Park, Barre
Friday August 10	2:00–4:00 p.m.	Vermont Department of Health WIC Office, Suite 250 5 Perry Street, second floor, Barre
Saturday August 11	9:00 a.m.–Noon	Capital City Farmers' Market State Street, Montpelier

- Coupons are distributed on a first come, first serve basis.
- Supplies are limited, call ahead for coupon availability.
- For directions to any of the above locations, please call the WIC office.

*“The online learning is fun and I can include my child in the activity. I can also do it when the time is right for me!”*



## Check out WICHealth.org!

If you like to find great nutrition resources online you can do a fun activity on **WICHealth.org**! After completing one of the lessons this summer (starting at the beginning of July through September), your completed certificate can be used to obtain your Farm to Family coupons in place of attending an activity listed on the front.

## If you do your nutrition activity online you will need to:

Call your local WIC office to set up a time to pick up your coupons. Remember that coupons are limited.



## Here are some fruit and vegetable lessons:



### **Children Ages 1–5:**

- Fruits and Veggies Grow Healthy Kids



### **Healthy Families:**

- Be Healthy with Fruits and Veggies
- Farm to Family: Keeping Food Safe
- Meatless Meals for Busy Families

If you've already done these lessons, you can choose another WICHealth.org lesson.

## How do you access the lessons on WICHealth.org?

Log onto WICHealth.org and follow the steps to set up your own family account. Call your WIC office if you need your WIC ID. Your agency/clinic is your local District Office.

