

Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

Vermont Farm to Family Program

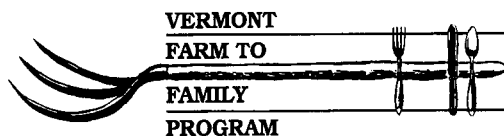
The Vermont Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruits from participating farmers' markets around the state. Coupons are available on a first come, first served basis to WIC participants age 6 months and older, valued at \$30 per booklet, with 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 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 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
Saturday, July 7	10:00 a.m.–1:00 p.m.	Bennington Farmers' Market Bennington Station
Saturday, July 14	10:00 a.m.–1:00 p.m.	Bennington Farmers' Market Bennington Station
Thursday, July 19	3:00–6:00 p.m.	Manchester Farmers' Market Adams Park
Saturday, July 21	10:00 a.m.–1:00 p.m.	Bennington Farmers' Market Bennington Station

- 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.

Plant it, grow it, try it!

Friday, June 15; 10:00–11:00 a.m.
Willow Park, Bennington

Decorate your planter, plant a seed, let it grow — then enjoy your own grown veggie.

Call 447-6408 to RSVP.

Calling all Superheros

Friday, July 13; 10:00–11:00 a.m.
Vermont Department of Health WIC Office, community room
324 Main Street, Bennington

Want to learn how to eat like a superhero? We will show you what foods make us strong, smart, and fast like our favorite superheros.

Call 447-6408 to RSVP.



“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.

