

Growing Healthy Families

BRATTLEBORO DISTRICT OFFICE • Vermont Department of Health, WIC Program
232 Main Street, Suite 3, Brattleboro, VT 05301 • 1-802-257-2880 or 1-888-253-8805

Vermont Farm to Family Program

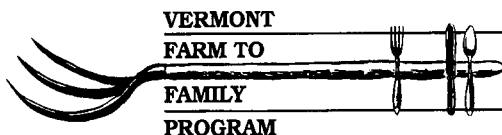
The Vermont Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruits from participating farmers' markets around the state. Coupons are available on a first come, first served basis to WIC participants age 6 months and older, valued at \$30 per booklet, with 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
Thursday July 5	10:00 a.m.– 2:00 p.m.	Vermont Department of Health WIC Office, first floor, Suite 3 232 Main Street, Brattleboro
Thursday July 26	10:00 a.m.– 2:00 p.m.	Vermont Department of Health WIC Office, first floor, Suite 3 232 Main Street, Brattleboro
Saturday July 14	10:00 a.m.– 1:00 p.m.	Brattleboro Area Farmers' Market 570 Western Avenue (Route 9), Brattleboro
Tuesday August 7	4:00– 6:00 p.m.	Brattleboro Downtown Farmers' Market 29 Flat Street Lot (next to the Boys and Girls Club), Brattleboro

- 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.

Make your own baby food

Friday, June 8; 10:30–11:30 a.m.

Vermont Department of Health, WIC Office, first floor, Suite 3
232 Main Street, Brattleboro

Learn how to create healthy, delicious food for your baby using foods that your family already purchases and enjoys. We'll provide recipes and tools to make the food at home. Babies and partners welcome! For more information or to register call 802-257-2882.

Preparing for Birth and the 1st 10 Days

Wednesdays, June 13; 1:00–1:45 p.m. and August 8; 1:00–1:45 p.m.

Vermont Department of Health, WIC Office, first floor, Suite 3
232 Main Street, Brattleboro

Whether it's your first baby or you're an experienced breastfeeding mom, WIC is here to help you get off to a great start. Being prepared for some challenges, and knowing where to go for support can help you stick with breastfeeding through those first few weeks. Partners and other supports are welcome, too. To sign up or for more information, call 802-251-2104.

“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.

