

# Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program  
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

## Vermont Farm to Family Program

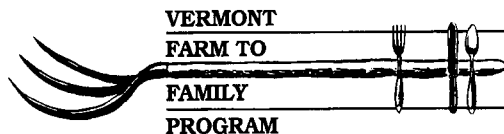
The Vermont Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruits from participating farmers' markets around the state. Coupons are available on a first come, first served basis to WIC participants age 6 months and older, valued at \$30 per booklet, with 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
Saturday July 7	9:00 a.m.–2:00 p.m.	Rutland Farmers' Market Depot Park, Rutland
Wednesday July 18	3:00–5:00 p.m.	Rutland Farmers' Market Depot Park, Rutland
Thursday July 26	3:00–4:30 p.m.	Fair Haven Farmers' Market Fair Haven Park, Fair Haven
Tuesday August 21	9:00–11:00 a.m.	Vermont Department of Health 300 Asa Bloomer Building, 1st floor WIC Clinic Activity Room Rutland

- 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.

## Grain up

**Tuesday, August 21; 9:00–11:00 a.m.**

**Vermont Department of Health**

**WIC Office, 1st Floor WIC Clinic Activity Room**

**300 Asa Bloomer Building,**

Part of the MyPlate series. Come learn about whole grains. In this activity, we will explore ways to identify, eat and prepare whole grains. Stop by to gather information, sample a snack, and do a small craft with your child.

To sign up for more information call Jackie at 802-786-5113.



*“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.

