

Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

Vermont Farm to Family Program

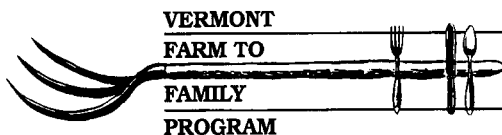
The Vermont Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruits from participating farmers' markets around the state. Coupons are available on a first come, first served basis to WIC participants age 6 months and older, valued at \$30 per booklet, with 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	1:30–3:30 p.m.	Vermont Department of Health 27 Federal Street, room 201 second floor conference room St. Albans
Thursday July 12	1:00–3:00 p.m.	Islands in the Sun Senior Center Main Street, Alburgh
Saturday July 14	9:00 a.m.–2:00 p.m.	Northwest Farmers' Market Taylor Park, St. Albans
Wednesday July 18	3:00–6:00 p.m.	South Hero Farmers' Market St. Rose Church, Route 2 South Hero
Thursday July 19	2:00–6:00 p.m.	Enosburgh Falls Public Library 241 Main Street, Enosburgh Falls
Saturday July 28	9:00 a.m.–1:00 p.m.	Richford Farmers' Market 21 Main Street across from Vista Foods, Richford
Saturday August 4	9:00 a.m.–2:00 p.m.	Northwest Farmers' Market Taylor Park, St. Albans

- 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 WIC Garden and Farmers' Market coupons



Call for more information!

Community Garden Plot at Northwestern Medical Center
133 Fairfield Street, St. Albans

We have a few community garden plots this year! Help us out in the garden and talk about different fruits and veggies, what to use them for, how to grow them, etc. We will also be distributing our farmers' market coupons at the community garden when we're there.

Garden days will be weather dependent, so give us a call for more information! 524-7970

“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.

