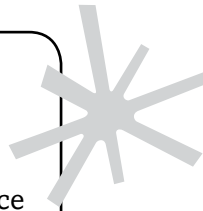


# Growing Healthy Families

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

Call 479-7442 for more information or to sign up (or sign up at your next WIC appointment).

All activities, except the grocery store tours, will be held at the Vermont Department of Health, WIC Office McFarland Office Building, 2nd floor, Barre



## Using your WIC foods: Whole grains

Monday, December 11

1:00–2:00 p.m.

Wondering what you can get with your whole grain WIC benefit, or how to prepare them in fun, new ways? We will provide some sample whole grain recipes, and demonstrate a recipe using whole wheat pasta. We will also review the whole grain options available through WIC.

## Understand your baby's cues

Wednesdays, 1:00–2:00 p.m.

December 27, January 24, and February 28

Join other new parents like you to learn about baby behavior. Understand how babies sleep, why they cry, and what they need. All these things can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure.

All activities are FREE of charge!

## Preparing for birth and the first 10 days

**Prenatal breastfeeding group**

Wednesdays, 11:00–Noon

December 27, January 24, and February 28

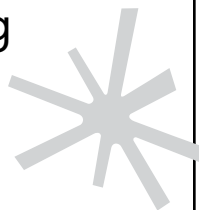
Share concerns about being a new mother/parent/grandparent, etc. Learn the hospital practices that support breastfeeding. Discuss Infant Feeding Plans. Understand the signs that breastfeeding is going well, and when to call the doctor. Recognize the signs that baby is getting enough to eat.

## Menu planning on a budget

Friday, January 26

10:00–11:00 a.m.

Are you looking for some new ideas for meals for your family, or wondering how to create a healthy menu on a budget? If so, join WIC nutritionists and learn how to create an easy, and low-cost menu for you and your family to enjoy. We will provide some tips for menu planning, recipes, and create a three-day menu together.



## Make your own baby food

Wednesday, February 7

2:00–3:00 p.m.

Making your own baby food is easy. Join us to learn how to make healthy and delicious food for your baby. Many of the foods your family eats can be used. Most foods can be cooked and pureed for young babies, and mashed or chopped when your baby is ready for more texture. Those who attend will receive a free food mill.

## Grocery store tours

**Shop with your WIC card**

Price Chopper, Barre;  
Hannaford, South Barre;  
Shaws, Berlin, Montpelier,  
Waitsfield, Waterbury;  
Village Market, Waterbury

Do you need help making the most of your WIC benefits each month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the *WIC Program & Food Guide*.

We will help you find all of your favorite WIC eligible foods and share tips on how to maximize your monthly benefit.

To schedule a tour, call 479-7442 or 479-8564.

# FIT WIC FUN AND GAMES PAGE

## Galloping Pony!

This activity is a great way to craft with your child, as well as get them active, for those winter days when you just can't get outside to play.

### What you'll need:

- Cardboard wrapping paper tube
- Paper bag
- Masking tape
- Newspaper
- Crayons or markers
- Yarn or string (optional), glue (optional)

### Instructions:

1. Make a cardboard horse by decorating a paper bag with crayons or markers to look like a horse's head. Attach yarn or string with tape (or glue) to make a mane (optional).
2. Stuff the paper bag with newspaper and tape the paper bag to the end of the cardboard wrapping paper tube.
3. Have your child gallop around and visit different parts of the house. Have them practice going fast and slow, forward and backward, galloping and prancing.
4. If you want to include your child in household chores, have them pretend they are a Pony Express carrier. They can bring "mail" and other supplies to where they belong in the house.

