

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 Farm to Family Program gives WIC families coupons for free, locally grown, fresh vegetables and fruits from participating farmers' markets around the state.

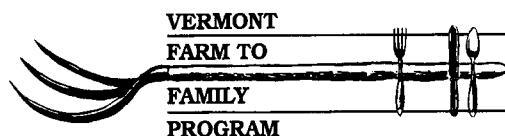
WIC participants over the age of 6 months are eligible for Farm to Family coupons which are available on a first-come, first-serve basis. There is a \$60 maximum benefit per family.

Mark your calendar now — attend one of the activities listed here to pick up your coupons.

Can't make any of these dates? Go to wichealth.org and complete a fun activity involving 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.

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
Wednesday June 28	2:00–5:00 p.m.	Rutland Farmers' Market Depot Park
Saturday July 8	9:00 a.m.–2:00 p.m.	Rutland Farmers' Market Depot Park
Thursday July 13	11:00 a.m.–1:00 p.m.	Poultney Farmers' Market Main Street
Friday July 14	10:00 a.m.–Noon	Brandon Farmers' Market Central Park, Route 7
Thursday July 20	4:30–6:00 p.m.	Castleton Farmers' Market parking lot next to Citizens Bank Main Street

- 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 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 end of June 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

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.

