

Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

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.

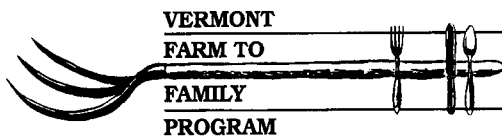
WIC participants over the age of 6 months are eligible for Farm to Family coupons which are available on a first-come, first-serve basis. There is a \$60 maximum benefit per family.

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!

Unless noted, drop in anytime during the times listed.

DATE	TIME	PLACE
Thursday, July 6 <i>Touch-a-Truck & Car Seat Safety</i>	2:00–5:00 p.m.	Vermont Department of Health WIC Office 107 Eastern Avenue St. Johnsbury
Thursday, July 13 <i>Taste the Rainbow & Yoga with your kids</i>	10:00 a.m.	Vermont Department of Health WIC Office 107 Eastern Avenue St. Johnsbury
Friday, July 14 <i>Bingo</i>	3:00–5:30 p.m.	Lyndonville Farmers' Market Band Stand Park Route 5
Thursday, July 20 <i>Taste the Rainbow & Yoga with your kids</i>	2:00 p.m.	Vermont Department of Health WIC Office 107 Eastern Avenue St. Johnsbury

- 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.

Touch-a-Truck & Car Seat Safety

Watch your kid's eyes get big as they get to experience a fire truck and other vehicles up close and in person while a car seat inspector looks at your car seat to ensure its properly installed for your child's safety. Do you know the laws and recommendations about appropriate car seats for your child? Get your answers here from the professionals! The kids will also enjoy other first responder activities available.

Taste the Rainbow & Yoga with your kids

Did you know yoga is great for kids too? Join us to sample the rainbow and take part in yoga for kids. Take home some new recipes, ideas, and of course your Farmers' Market coupons!

Bingo

Look for our cow print table cloth at the Farmers' Market for a fun game of Bingo and a chance to meet the farmers. Spend your coupons while you are there if you want!

“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.

