



Complete your Nutrition Activity by: _____

Your next WIC appointment will be scheduled for the month of:

Nutrition Activities

Happens Every Month

- **Be Bright at Night:** WIC has partnered with the Medical Reserve Corps to provide reflectors for you and your family to stay safe and active at night! To learn more about upcoming events contact Rutland WIC at 802-786-5811.
- **Childcare Center Coloring Page:** Contact Rutland WIC at 802-786-5811 to learn more and find out if your childcare provider is participating.
- **EFNEP Cooking Courses:** Education includes nutrition and cooking! EFNEP's class series can be done one-on-one in your home, in a group setting, or virtually. Talk to your WIC Nutritionist about group classes. For additional information, contact Elizabeth Schumacher, evschuma@uvm.edu, 802-656-7830.
- **Let's Talk About Teeth:** An online virtual discussion group led by a dental hygienist, Pari Motia. Contact Rutland WIC to register 802-786-5811.
- **Nutritionist call:** Call and speak one-on-one with a WIC nutritionist! Contact Rutland WIC to set up an appointment today at 802-786-5811.
- **WIChealth.org:** Go online to complete an activity. Contact Rutland WIC at 802-786-5811 to get your WIC ID.

Expecting Parents

- **Breastfeeding Class (virtual):** Hosted by Rutland Regional Women's Health. Call 802-775-1901 to sign up or for more information.
- **Preparing to Breastfeed, The Secrets of Baby Behavior, and Understanding Your Baby's Cues:** **Virtual** discussion group. Learn how to know what your baby is telling you and get tips on beginning a strong relationship with your baby. Contact Rutland WIC to register 802-786-5811.
- **Baby Behavior and Baby Cues Class:** This in-person and virtual group class is held on the 4th Wednesday of every month. Contact our Breastfeeding Designee, Ashley Godzik, for more information 802-786-5103. *December, this will be held on the 3rd Wednesday of the month.
- **First Latch:** Join breastfeeding peer counselor Sarah at the Wonderfeet Kids Museum for a free breastfeeding/chestfeeding class on any of the following dates: April 9th, August 18th, December 17th from 5:00 pm - 7:00pm or June 8th, October 5th from 9:00 am – 11:00 am. Kids welcome! For more information, contact Jen Wedin at 802-786-5104.

This institution is an equal opportunity provider.

One Time Events

- **Yoga for Littles:** Join Tiny Trees Yoga for a fun and engaging yoga experience designed for children ages 2 and up at the Rutland Free Library, located at 10 Court Street, Rutland, VT 05701. It will be held on the following Wednesdays in April: **April 2nd, 9th, and 30th** from **4:30 PM to 5:15 PM**. It's a fantastic opportunity for kids to explore movement, relaxation, and body awareness in a playful and supportive environment. For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Healthy Habits with Health Connections:** Join nurse Kathryn on **May 9th** from **10:15 am – 11:00 am** for a fun event where kids can explore healthy habits through interactive stations focused on nutrition, movement, and mental health. From making healthy snacks to fun fitness challenges and mindfulness activities, this event offers something for everyone. Let's build healthy habits together! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Spring Baby Shower:** Join WIC on the *2nd* floor conference room in the ASA Bloomer Building (88 Merchants Row, Rutland, VT) on Thursday, **May 29th** from **10:30 am – 11:30 am**. Open to all expecting parents, new parents, and support people. There will be food, fun, and free baby clothing and items! Contact Jen by phone at 802-786-5104 or email Jennifer.wedin@vermont.gov to ask questions about accessibility or to request accommodations.
- **Early Literacy playgroup with RCPCC:** Join the Rutland County Parent Child Center and WIC on **June 17th** from **10:00 AM – 11:30 AM** at the Maclure Library (840 Arch Street, Pittsford, VT 05763) for a fun-filled morning of Storytime, creative themed crafts, and kids' yoga led by a certified instructor. Enjoy a WIC approved snack while bonding with your little one in a welcoming, playful environment. Perfect for young children and their caregivers! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.

- **Farm to Family:** The Farm to Family Program gives WIC participants coupons for free, locally grown, fresh vegetables and fruits from farmers' markets. When you attend a Farm to Family activity you will be given one free coupon book worth \$30 per WIC participant 6 months and older.
 - Wednesday, July 2nd from 12:00 pm – 3:00 pm at the Rutland County Farm to Family Coupon Release Party in Depot Park
 - Wednesday, July 2nd from 9:00 am – 11:30 am at Revive Church located at 799 S Main St, Fair Haven, VT 05743
 - Thursday, July 17th from 9:00 am – 11:30 am at Vermont State University Castleton Campus, Hoff Hall located at 338 South Main Street, Castleton 05735
 - Saturday, July 19th from 9:00 am – 2:00 pm at the Rutland Farmers' Market in Depot Park
 - Tuesday, August 19th from 9:00 am – 11:30 am at the Brandon Congregational Church located at 1 Carver Street Brandon, VT 05733

Can't make it to a scheduled farm to family event? Get coupons by completing a Fruit and Veggie WIChealth.org activity. Then call 786-5811 to schedule picking up coupons at the office. Coupon distribution will start Tuesday July 1.

Did you attend an activity? Let WIC know.

- Call the Rutland Local Health Office at 802-786-5811.
- Email ahs.vdhrutland@vermont.gov.
- Text 833-945-5334.
- Scan the QR code below.

