

Dear WIC Family,

July 2023

Welcome Back to WIC! Beginning in August, our WIC clinics will be fully open, and we look forward to seeing you.



WIC appointments are needed about every six months. One of these yearly appointments will be scheduled in person at the WIC clinic. The second WIC appointment each year can be done by phone, video, or in-person at our clinic, whichever works best for your family!

Still not ready to join us in person? We are here to help! If your or your child's height, weight, and iron check are done within the 60 days prior to the appointment date, you may opt to provide them to WIC and schedule this appointment as phone or video!

WIC Food Updates:

On August 1, 2023, the WIC Food List will return to pre-COVID options –

- Milk - 1% or non-fat milk for everyone over the age of 2 (no longer provide 2% milk)
- Bread - 16-ounce size loaves (no longer provide sizes over 16 ounces)
- Vermont WIC now has more organic choices such as milk and eggs. See the full list of WIC foods at healthvermont.gov/wicshopping

Did you know?

- ✓ Being part of WIC makes you eligible for many other discounts. Find out more on our WIC Discounts page – healthvermont.gov/wicdiscounts
- ✓ Farm to Family coupons now available. healthvermont.gov/family/wic#wiccalendar

Questions? Call your local WIC office –

Barre 1-802-479-4200
Bennington 1-802-447-3531
Brattleboro 1-802-257-2880
Burlington 1-802-863-7323
Middlebury 1-802-388-4644
Morrisville 1-802-888-7447

Newport 1-802-334-6707
Rutland 1-802-786-5811
Springfield 1-802-289-0600
St. Albans 1-802-524-7970
St. Johnsbury 1-802-748-5151
White River Jct. 1-802-295-8820



Visit our WIC website anytime! healthvermont.gov/wic

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