

WIC NUTRITION ACTIVITIES

Burlington WIC Office – (802) 863-7323

Online:

- ◆ **WIChealth.org:** Go online to complete an activity! Your WIC Household ID# is _____.
- ◆ **Rise VT:** Watch and participate in a video on physical activity! Visit [Rise VT](#) on YouTube and call WIC or email ahs.vdholhburlington@vermont.gov with the WIC activity code to receive credit.

Group Education:

- ◆ **SNACKtivity:** Drop-in to the WIC Office on the second Monday of the month from 10:00am-12:00pm. Receive a pass to the Echo Center for your participation! **while supplies last*
- ◆ **Head Start:** WIC will verify your child's enrollment to receive credit for nutrition activities.
- ◆ **Family Room WIC Activity:** Call WIC if you attended Infant Massage, Book and Cook, Strong Families or a Movement activity! www.thefamilyroomvt.org
- ◆ **City Market Classes:** Sign-up online at www.citymarket.coop/calendar or stop by the store to register. (Promotional code: **healthyfamilies**)
- ◆ **EFNEP Nutrition Classes:** Are you enrolled in the Expanded Food & Nutrition Education Program? Talk to your program facilitator to get credit for completing your WIC activity!
- ◆ **UVM Health Source Classes:** Ask your WIC certifier about class offerings and visit the UVM [website](#). Pre-registration is required!
- ◆ **Turning Point Center:** Nutrition and physical activities available weekly! Complete a WIC activity card and call WIC to receive credit for attending.
- ◆ **VT Foodbank Gleaning Program:** In the summer months, harvest produce from your local farms with the VT Foodbank! Contact Andrea to sign up (asolazzo@vtfoodbank.org – 802-917-1283)
- ◆ **Farm to Family Coupon Distribution:** Coupons are only available in July and August.

Breastfeeding:

- ◆ **La Leche League:** Visit the [LLL Facebook Page](#) for dates and locations of support meetings.
- ◆ **Prenatal/Postpartum Breastfeeding Classes:** Contact your local office for more information about upcoming classes at (802) 863-7323.

WIC Staff:

- ◆ **Oral Health Check In:** Schedule a visit with our Public Health Dental Hygienist.
- ◆ **Grocery Store Shopping Tour:** Having trouble shopping with your WIC card? Call us to set up a shopping tour at your local store.



WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH

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This institution is an equal opportunity provider