

# WIC NUTRITION ACTIVITIES

Burlington WIC Office – (802) 863-7323  
Email: [AHS.VDHOLHBurlington@vermont.gov](mailto:AHS.VDHOLHBurlington@vermont.gov)

## Online:

- ◆ [WIChealth.org](https://www.wichealth.org): Go online to complete an activity! Contact the office by email or phone if you are unsure of your WIC Household ID number.
- ◆ [Rise VT](https://www.youtube.com/watch?v=1j8k8k8k8k): Watch and participate in a video on physical activity! Visit Rise VT on YouTube and call WIC or email with the WIC activity code to receive credit.
- ◆ **Virtual Snackivity**: Join a WIC nutritionist to learn about the benefits of fruits and veggies. Discover new recipes and ways to involve your children in meal preparation. Call WIC to register!
- ◆ **Let's Talk About Teeth**: An online virtual discussion group led by Public Health Dental Hygienist, Pari Motia. Contact the WIC Office to register – 802-863-7323.

## Group Education:

- ◆ **Children with Special Health Needs (CSHN)**: Does your child work with a dietitian from CSHN? If so, call WIC to let us know.
- ◆ **City Market Classes**: Sign-up online at [www.citymarket.coop/calendar](http://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! Enroll here: [www.uvm.edu/extension/distance-nutrition-education](http://www.uvm.edu/extension/distance-nutrition-education).
- ◆ **Family Room WIC Activity**: Call WIC if you attended Infant Massage, Book and Cook, Strong Families or a Movement activity! [www.thefamilyroomvt.org](http://www.thefamilyroomvt.org)
- ◆ **Farm to Family Coupon Distribution**: Coupons are only available in July and August.
- ◆ **Head Start**: WIC will verify your child's enrollment to receive credit for nutrition activities.
- ◆ **Milton Family Community Center Activity**: Call WIC if you attended one of the programs offered at the Community Center! [miltonfamilycenter.org/our-programs/](http://miltonfamilycenter.org/our-programs/)
- ◆ **Strong Families**: Participation in this program counts as the family's WIC Activity. Find out more here: [www.healthvermont.gov/children-youth-families/infants-young-children/parent-support-and-education-your-home](http://www.healthvermont.gov/children-youth-families/infants-young-children/parent-support-and-education-your-home)
- ◆ **Turning Point Center**: Nutrition and physical activities available weekly via Zoom! Call WIC after completion to receive credit for attending. [turningpointcentervt.org/what-we-offer/parents-in-recovery/](http://turningpointcentervt.org/what-we-offer/parents-in-recovery/)
- ◆ **UVM Health Source Classes**: Ask your WIC certifier about class offerings and visit the UVM website: [www.uvmhealth.org/health-wellness/healthsource-classes](http://www.uvmhealth.org/health-wellness/healthsource-classes). Pre-registration is required!
- ◆ **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](mailto:asolazzo@vtfoodbank.org) – 802-917-1283).
- ◆ **La Leche League**: Visit the [LLL Facebook Page](https://www.facebook.com/LLLVT) for dates and locations of support meetings.
- ◆ **Prenatal/Postpartum Virtual Breastfeeding Classes**: Contact your local office for more information about upcoming classes at (802) 863-7323. Visit the Vermont Local Health Calendar: [www.healthvermont.gov/calendar](http://www.healthvermont.gov/calendar)

## WIC Staff:

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



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