

## What is a WIC Activity?

A WIC Activity renews your WIC Food Benefits! You must complete a WIC activity within three months after your WIC appointment. Pick one activity from the list below to get your benefits for three more months.

## WIC APPROVED ACTIVITIES Happens Every Month

- **WIChealth.org:** Go online to complete an activity! Call WIC at 786-5811 to get your Household ID#.
- **PEG TV:** Watch an episode of “What’s Cookin’ Rutland”. During the show, a WIC Code will be displayed at the bottom of the screen. Call WIC at 786-5811 to let us know the code and one of the recipes you watched being prepared.  
Channel 15 Schedule: Mondays 5:00 pm, Tuesdays 1:30 pm, Fridays 8:30 pm  
[www.pegtv.com](http://www.pegtv.com) - Click “Video on Demand” and choose “Cooking Shows”
- **Prenatal Baby Behavior/Postpartum Baby Cues/Pumping Class:** Held the last Monday of the month. Contact the WIC Office for more information at 786-5811.
- **Rutland Lactation Club:** Rutland Women's Healthcare is pleased to offer a lactation support group the first and third Monday of every month from 3-4pm. Held at the CVPS/Leahy Community Health Education Center. All are welcome! Contact the WIC Office for more information at 786-5811.
- **Breastfeeding Class:** Held the second Tuesday of the month from 6:00 – 8:00 pm. Class is located at Rutland Regional Medical Center in the CVPS/Leahy Rm B. Call 747-3695 to sign up.
- **Grocery Store Shopping Tour:** Having trouble shopping with your WIC card? Call WIC at 786-5811 to set up a shopping tour at your local store.
- **EFNEP Nutrition Classes:** Want to learn more about nutrition, saving money, and preparing healthy, low-cost meals? All without leaving home and at a time that works for you? Call Kate Bilinski at 773-3349 ext 271.
- **Childcare Center Coloring Page:** If your child goes to Little Lamb Early Learning Center, Neverland, or Rekaroo's Child Care Center, connect with the center about having the WIC coloring page count as your WIC activity.
- **Smokey House Center:** Harvest produce during a Community Work Day. Smokey House grows food to be donated to hunger relief and community food programs. Contact Jamie to sign up. [jamie@smokeyhouse.org](mailto:jamie@smokeyhouse.org) – 293-2300
- **MyPlate Activity:** Poultney, Castleton and Brandon WIC clinics will host a MyPlate self-guided activity featuring MyPlate food groups, handouts, a coloring page and a sample snack to support healthy snack choices. All welcome. Call 786-5811 for more information.

Call WIC at 786-5811 if you attend a nutrition or physical activity related event, program, or service in our community. We may be able to approve it as a WIC activity.



## One Time Events

- **The Daily Dairy Count:** How much dairy does your child really need? At this WIC activity we will explore ways to fill your child's daily dairy count using the MyPlate model. Located on the 1st floor in the WIC Activity Room in the Asa Bloomer Building on Wednesday, February 12, 2020 from 9:00am – 11:00am or 1:00pm - 3:00pm. Drop by to browse and participate at your leisure sampling calcium-rich snack, recipe book, small crafts, puzzles and more. Contact Jackie at 786-5113 to sign up for this fun-filled activity!
- **Making mealtimes fun and stress free:** Join WIC on Friday, March 27, from 10:00 – 11:00pm in the first-floor WIC activity room in the Asa Bloomer Building. We will watch a few short videos on how to make mealtimes with your kids a fun and worry-free time. We will discuss modeling healthy eating, trying new foods with kids, and how to keep mealtime's low pressure and relaxed. There will even be a fun role play of dinnertime with a 4-year-old. To sign up, call Justin at 786-5110.
- **Baby Shower:** We welcome all moms-to-be to our free community baby show. Please join us to celebrate your new little one. There will be games, snacks, baby clothing, cake and all moms-to-be will leave with a gift bag. Join us on Tuesday, April 21, from 11:30 – 12:30 pm at the Community College of Vermont (CCV) on West Street in Rutland. To sign up, call Jen at 786-5104.
- **Spring Delights:** Walking through the MyPlate model, we will be learning more about fruits and vegetables and how your child can get the recommended amount of servings per day into their diet. Stop by the WIC Activity Room on the 1st floor of the Asa Bloomer Building between 9:00 – 11:00am and 1:00pm – 3:00pm, Wednesday, May 13, 2020 to sample the featured snack, gather information and do activities with your child. To sign up or for more information, call Jackie at 802-786-5113.

