



Why is active play important?

Active play helps your child learn healthy habits.

There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike

Indoor play

Act out a story
Turn up the music and dance
Walk inside a shopping mall
Play games, such as duck-duck-goose,
hide and seek, follow the leader, Simon says








Outdoor play

Family walks after dinner
Play catch
Take a nature hike
Games in the yard or park
Build a snowman

Happens Every Month

Please complete your activity by the end of _____ for your food benefits to continue.

Household ID #

- Head Start:** Many classroom and home-visit activities have been WIC approved. Talk to your child’s classroom teacher or home visitor for more details. 
- Grocery Store Tours:** Do you need help making the most of your WIC benefit every month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the *WIC Program and Food Guide*. We will help you find all your favorite WIC eligible foods and share tips on how to maximize your monthly benefit. Call (802) 524-7970, to schedule a tour. 
- Nurse Family Partnership (NFP):** This program provides education and support for new families. The goals are to help you have a healthy baby, learn how to promote your baby’s health and development, and to help you achieve your own goals. For more information about the program call Rhonda @ 393-6775. If you already receive NFP visits, talk with your home visitor about how to receive WIC credit. 
- Latch On:** Learn more about breastfeeding and share stories in a relaxed and caring environment. This group is for babies and pregnant moms. Group meets every 3rd Saturday from 10am – Noon at Northwestern Medical Center in their Wellness Room on the Family Birth Unit.
- Baby Massage & Breastfeeding Group:** These groups are a great way to learn about breastfeeding, the benefits of baby massage and parenting. Group meets every 2nd Wed. from 9:30am – 11:15am @ the Alburgh library. 
- The Secrets of Baby Behavior:** Join other pregnant women like you, to learn about newborn behavior— so, you know what to expect after your baby is born. We’ll talk about hunger cues, infant sleep patterns and reasons for crying, and we’ll also help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. This class is available to all participants of the NWMC Healthy Beginnings program, that takes place Mondays, from 6-8pm. Location: Northwestern Medical Center in 
- WIChealth.org:** Complete your WIC nutrition education online with **wichealth.org**. You’re just a few clicks away from discovering ways to help keep you and your family healthy. Lots of families like these activities because they can be done at your convenience in the privacy of your own home. Check us out @ www.wichealth.org 
- RiseVT / Rise TV:** RiseVT is a movement towards better health for people of all ages in Franklin and Grand Isle Counties. Watch one of these great videos (listed below), at home and call the office with the WIC Approved Activity code mentioned during the video and discuss the video with a WIC staff member. Visit the RiseVT YouTube page for all of the great video options. <https://www.youtube.com/channel/UCV2sVgwo9J86ZrRI4-n19sA> 

WIC approved RiseVT videos: Rise VT Kids Yoga, Healthy Story Time, Home Workouts, Resistance Bands, and Smoothie Making

Library Activities

- Story Time:** Families participate in movement and craft activities and enjoy listening to fun stories. All families welcome – Some story hours include a healthy snack! 
 - Franklin Haston Public Library on Thursday mornings starting at 10:30 AM.
 - Fairfax Community Library on Tuesday mornings at 9:30 AM
 - Enosburgh Public Library every Saturday 10-11AM. Enosburgh Public Library also offers a Mommy and Me Story Hour Every Friday 9-10 AM
 - Highgate Public Library every Tuesday at 11am & Wednesday at 10am.
 - Fairfield (BNML) Library every Wednesday from 10 -11:30am.
- Movement and Music Story Time:** Movement and Music Story time is an activity at the St. Albans Free Library that incorporates physical activity/ movement with music. The Activity is geared for ages 0-6, that encourages and promotes exercise by making it fun through music! Its located at the St. Albans Free Library (11 Maiden Lane, St. Albans VT 05478) – and takes place on Mondays at 10:30 am! 

Recipe of the Month



Apple-icious Oat Bars

Find more recipes at: ChopChopFamily.org



Ingredients

Crust Ingredients

- 3/4 cup old-fashioned rolled oats
- 1/2 cup all-purpose flour
- 1/4 cup whole-wheat flour
- 1/2 cup lightly toasted almonds or pecans
- 1/2 cup light-brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 1 pinch baking powder
- 3 tablespoons unsalted butter, melted
- 3 tablespoons canola oil

Filling Ingredients

- 4 granny smith apples
- 1/4 cup dried cranberries, or raisins
- 2 tablespoons honey, maple syrup, or light-brown sugar
- 1 tablespoon all-purpose flour

Kitchen Gear

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Measuring spoons
- 2 mixing bowls
- Square 8 x 8-inch baking pan: glass, ceramic or metal
- Wooden or metal spoon or rubber spatula
- Metal spatula
- Potholders

Instructions

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Turn the oven on and set the heat to 350 degrees.
2. **To make the crust:** Put the oats, flours, nuts, sugar, cinnamon, salt, and baking powder in a small bowl. Using your clean hands or a spoon, mix well. Add the butter and oil and mix again, until the topping is crumbly and looks like little pebbles. Pat down half of the crust mixture into the bottom of the baking pan. Leave the rest of the crust mixture in the bowl while you make the filling.
3. **To make the filling:** Put the apples, cranberries, honey, and flour in a small bowl and mix well. Pour the apple mixture on top of the crust in the baking pan. Using the back of a spatula, press the mixture down until the top is flat and even.
4. Top the apple mixture with the topping left from the bowl and pat it down.
5. When the oven temperature has reached 350 degrees, put the baking pan in the oven and bake until the top of the apple mixture is lightly browned and the apples are soft, 40-45 minutes.



Stay in Touch With WIC

- **Facebook:** www.facebook.com/vdhstalbans
- **Email:** AHS.VDHOLHStAlbans@vermont.gov
- **Phone:** 802-524-7970

Key

Sign-in/Roster:

On-line:

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Other:

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