

Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

Snacktivity!

Thursdays, March 2, April 6, May 4
11:00 a.m.–1:00 p.m. (drop in)
Vermont Department of Health, Room 1A
108 Cherry Street, Burlington

Drop in on the first Thursday of the month for a quick, tasty activity! Taste a snack made with WIC-approved foods, do a fun coloring activity and get a chance to chat with a WIC nutritionist about new recipes to try using your WIC food benefits. Children welcome.

No need to register — for more info, contact the Burlington WIC office at 863-7323.



Preparing for birth and the first 10 days & understanding newborn babies

Tuesdays, March 21, May 16
5:30–6:45 p.m.
The Family Room
20 Allen Street, Burlington

Babies are born with the ability to communicate their needs — we just need to learn to recognize their cues. Come find out more about how babies communicate, how breastfeeding works and best practices for a successful start. Partners and family support welcome. You'll leave our group feeling prepared, supported, and ready for baby!

Contact Jess at 373-7074 or Jessica.Laclair@vermont.gov to register.

Understanding baby's cues & making it work when separated from baby

Tuesday, April 18
5:30–6:45 p.m.
The Family Room
20 Allen Street, Burlington

Get off to a great start with your new baby! Learn how to understand what your baby is telling you, and get tips on keeping a strong breastfeeding relationship, even when apart for work and school. Babies, partners, and family are welcome to attend!

Contact Jess at 373-7074 or Jessica.Laclair@vermont.gov to register.

Visit the tooth lady!

Pari, our dental hygienist, loves teeth, and she wants to help you keep your child's teeth as healthy as can be! Schedule an appointment with Pari for fluoride application, or to talk about any dental questions you may have.

Give her a call at 951-0079!

Check out WIChealth.org!

Stay on top of your WIC activity requirement with WIChealth.org! This fun online interactive site can be used on any computer, tablet or smartphone. WIChealth.org offers lots of great recipes and tips on getting everyone to eat healthy foods. Make sure you have your WIC family ID to get started. (It is not the number on your shopping card.)

Call the WIC office at 863-7323 to get your 6-digit family ID number!

All activities are FREE
of charge!

