

Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

All activities held at:
Vermont Department of Health
WIC Office, 2nd floor
McFarland Office Building
Barre

Call 479-8564 for more information
or to signup.

Appealing ways to prepare fall fruits and veggies

Tuesday, September 13
2:00–3:00 p.m.

Apples, pumpkins, and squash! We will demonstrate different recipes including these nutritious fall foods. Samples will be provided as well as recipes to make these for your family at home.

Preparing for birth and the first 10 days

4th Wednesday of each month
11:00 a.m.–Noon

We will talk about your infant feeding plans. Understand the signs that breastfeeding is going well and the signs that baby is getting enough to eat.

Frightfully tasty Halloween

Friday, October 28; 10:00–11:00 a.m.

We all know that Halloween is full of treats. How about adding some tasty, yet healthy treats to your celebration? We'll start with Halloween story time. Samples of ghost bananas, tangerine pumpkins, apple monsters, and pizza mummies will be provided. Costumes are encouraged! All attendees receive a free tote bag and children's book.

Eating well on a budget for families

Wednesdays, 11:00 a.m.–Noon
September 14 and October 12

Want to learn more about saving money, shopping smart, reducing food waste, serving sizes, food safety, healthy eating ideas, meal planning, exercise, picky eaters, or what children should eat and how much? We will touch on all of these! Participants will receive one of the following: An insulated shopping bag, a meat thermometer, knives, a cookbook, or measuring cups.

All activities are FREE
of charge!

Time for solids

Tuesday, November 22
10:00–11:00 a.m.

When is your baby ready for solids? We will discuss the signs of readiness and how to start solid foods with your baby. We will learn ways to make your own baby food and how to make baby cereal cookies. Those who attend will receive a food mill.

Understanding your baby's cues

4th Wednesday of each month
1:00–2:00 p.m.

What are those babies trying to tell you? This class will help you understand how babies sleep, why they cry, and what they need. All these things can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure.

