



WIC NUTRITION ACTIVITIES

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

Online:

- ◆ **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.
- ◆ **Virtual Snacktivity:** 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. Contact the WIC Office 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.
- ◆ **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

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.

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 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.
- ◆ **Family Room WIC Activity:** Call WIC if you attended any of their drop-in program such as Infant Massage, Book and Cook, Strong Families or a Movement activity!
www.thefamilyroomvt.org

- ◆ **Farm to Family Coupon Distribution:** Attend one of our Farm to Family distribution events to pick up farmer's market coupons and have fun learning about fruits and veggies! Be on the lookout for information in June. 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/
- ◆ **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
- ◆ **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/
- ◆ **UVM Health Source Classes:** Ask your WIC certifier about class offerings and visit the UVM website: 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 – 802-917-1283).
- ◆ **La Leche League:** Visit the [LLL Facebook Page](#) for dates and locations of support meetings. Let us know at WIC when you've attended.



WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH

Reviewed January 2025
This institution is an equal
opportunity provider

