

Complete your Nutrition Activity by: \_\_\_\_\_

Your next WIC appointment will be scheduled for the month of:

\_\_\_\_\_

# Nutrition Activities

## Happens Every Month

- **Be Bright at Night:** WIC has partnered with the Medical Reserve Corps to provide reflectors for you and your family to stay safe and active at night! To learn more about upcoming events contact Rutland WIC at 802-786-5811.
- **Childcare Center Coloring Page:** Contact Rutland WIC at 802-786-5811 to learn more and find out if your childcare provider is participating.
- **EFNEP Cooking Courses:** Education includes nutrition and cooking! EFNEP offers in-home 1:1 education, along with in-person group adult and youth education. EFNEP also offers a virtual education option utilizing Families Eating Smart Moving More curriculum. For more information contact Elizabeth Schumacher, [evschuma@uvm.edu](mailto:evschuma@uvm.edu), 802-656-7830.
- **Let's Talk About Teeth:** An online virtual discussion group led by a dental hygienist, Pari Motia. Contact Rutland WIC to register 802-786-5811.
- **Nutritionist call:** Call and speak one-on-one with a WIC nutritionist! Contact Rutland WIC to set up an appointment today at 802-786-5811.
- **WIChealth.org:** Go online to complete an activity. Contact Rutland WIC at 802-786-5811 to get your WIC ID.

### Expecting Parents

- **Breastfeeding Class (virtual):** Hosted by Rutland Regional Women's Health. Call 802-775-1901 to sign up or for more information.
- **Preparing to Breastfeed, The Secrets of Baby Behavior, and Understanding Your Baby's Cues:** **Virtual** discussion group. Learn how to know what your baby is telling you and get tips on beginning a strong relationship with your baby. Contact Rutland WIC to register 802-786-5811.
- **Baby Behavior and Baby Cues Class:** This in-person and virtual group class is held on the 4th Wednesday of every month. Contact our Breastfeeding Designee, Ashley Godzik, for more information 802-786-5103. \*December, this will be held on the 3<sup>rd</sup> Wednesday of the month.

This institution is an equal opportunity provider.

## One Time Events

- **Health connections - Moving and grooving:** Join Nurse Kathryn at the Rutland Free Library, December 13<sup>th</sup> from 10:00 am to 11:00 am. This month's focus is on moving our bodies! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Zumba for kids:** Get ready to dance and have fun at "Zumba for Kids" every Thursday in January from 11:30 AM to 12:30 PM at the Rutland Free Library, located at 10 Court Street, Rutland VT 05701. This energetic class is designed for children ages 4 and up, combining lively music and easy-to-follow dance moves to keep them active and engaged! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Little Heart's Valentine's Day Party:** Join WIC February 14<sup>th</sup> from 10:00 am to 11:00 am in the WIC clinic space in the ASA Bloomer Building for a fun-filled morning with Valentine's-themed snacks, crafts, and activities! We will have heart-healthy snacks to enjoy with your little ones and a Valentine's Day craft station! Come share love, connect with other families, and make some sweet memories with us! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Early Literacy Playgroup with RCPCC:** Join Rutland County Parent Child Center every Wednesday in March from 10:00 am – 11:30 am at the Rutland Free Library for a fun-filled morning of Storytime, themed crafts, and kids' yoga led by a certified instructor. Enjoy a snack while bonding with your little one in a welcoming, playful environment. Perfect for young children and their caregivers!

### Did you attend an activity? Let WIC know.

- Call the Rutland Local Health Office at 802-786-5811.
- Email [ahs.vdhrutland@vermont.gov](mailto:ahs.vdhrutland@vermont.gov).
- Text 833-945-5334.
- Scan the QR code below.

