

Growing Healthy Families

MIDDLEBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
156 South Village Green, Middlebury, VT 05753 • 1-802-388-4644 or 1-888-253-8804

Co-op favorites

Thursday, September 22
5:30–7:30 p.m.

Middlebury Natural Foods Co-Op
9 Washington Street, Middlebury

Join Emily Fleming to make some of Middlebury Natural Foods Co-Op's favorite deli dishes! Like the artichoke salad? Or maybe you can't get enough of the wheat-free vanilla cake? By popular demand, the co-op has cooked up this fun cooking class where you'll be able to learn the most popular recipes and cook up a batch of your favorites! Must be a part of the Food for All program to participate.

To get your Middlebury Natural Foods Co-Op free membership (which gives you a 10% discount through the Food for All program) and to register for the class, call WIC at 388-4644.

Mommy group

Wednesdays, 9:30–10:30 a.m.
September 28, October 26, and
November 23

Middlebury Parks and Recreation
154 Creek Road, Middlebury

Join Angela Scavo, Breastfeeding Peer Counselor, for an hour of fun. Have some "mama talk" with local mamas, eat a snack, and let the kids play. The relaxed atmosphere is great for hanging out, making connections, and getting resources and information. Open to new mamas!

Breastfeeding café

Every 3rd Tuesday
11:00 a.m.–1:00 p.m.

Ilsley Library
Community Meeting Room
75 Main Street, Middlebury

The breastfeeding café is open to all moms who want to nurse their baby and enjoy the company of other women. Pregnant moms are welcome to check it out, have a snack and relax as well. All breastfeeding related questions welcome!

Call or text Vicky Kirby at 236-4136 or Elizabeth Curran at 349-3825 for more information.

Harvest baby shower

Tuesday, November 22
11:00 a.m.–Noon
Middlebury WIC office
large conference room
156 South Village Green
Middlebury

It's that time of the year again! Time for our harvest baby shower! Join us in celebration of you and your baby and meet other new and experienced moms while you pick out baby clothes, books, and other great gifts. Walk away more informed about what to expect in the first few days of parenthood related to your hospital stay, breastfeeding, baby cues and more! Family and other supportive friends are welcome to come as well.

Register by calling WIC at 388-4644 or just show up!

All activities are FREE
of charge!

Don't forget about www.WIChealth.org

There's an easy way to complete your two required WIC activities in-between your regular WIC appointments and that's by visiting www.WIChealth.org. It's easy, fun, and convenient! Nutrition lessons from recipes for a healthy pregnancy to helping your child make good eating choices are included. Ask about signing up at your next appointment and don't leave without getting your Household ID number.

Enjoy more WIC-approved activities

www.Minibury.com

Stay up-to-date on other WIC-approved activities available in Addison County by visiting www.Minibury.com. For a calendar of events, click on the events calendar, sort by category, and click "WIC approved activities."

Call WIC at 388-4644 if you have any questions.