

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-885-5778 or 1-888-296-8151

Make your own baby food

Friday, September 2

10:00–11:00 a.m.

Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Would you like to make your own baby food with fresh fruits and vegetables? Join us to learn how to create healthy, delicious food for your baby. We'll provide recipes and the tools you need to make the food at home.

For more information or to register call 885-8928.

Understanding your baby's cues

Friday, September 16

1:00–1:45 p.m.

Friday, November 4

10:00–10:45 a.m.

Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

It can be hard knowing what your newborn is trying to communicate when he or she can't talk. Understanding your baby can help you feel less stressed and more confident. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Dads, grandparents and other support welcome!

WIC breastfeeding support group

Friday, October 7

1:00–1:45 p.m.

Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Join us for a fun, free workshop to learn more about newborn behavior while breastfeeding, what to expect after giving birth, and simple tips for successful breastfeeding from birth onward. Partners and other family support welcome.

For more information or to register call 885-8928.

Let's eat! Ways to use your WIC foods

Friday, October 21

10:00–11:00 a.m.

Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Wondering what to make with WIC foods like lentils or sweet potatoes? Join us for lentil and vegetable soup and homemade sweet potato fries! We'll provide the recipe, foods to taste, and meal plans using WIC foods.

For more information or to register call 885-8928.

Healthy holiday dishes

Thursday, November 10

10:00–11:00 a.m.

Vermont Department of Health
1st floor conference room
100 Mineral Street, Springfield

Join your WIC nutritionist to learn how to make healthy foods for your family during the holidays. We'll make roasted roots and homemade pumpkin pie (with fresh pumpkin)! Bring family members and friends to try the foods and take home the recipes!

For more information or to register call 885-8928.

Springfield Hospital Breastfeeding Support Group

2nd and 4th Tuesday, every month
Noon–2:00 p.m.

Springfield Hospital
Meeting House

(go past the main parking lot and turn left)

Registration is not required. Just come.

All activities are FREE
of charge!