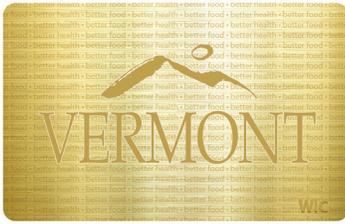


Shopping

Healthy foods every month



WIC Card 101

1

Activate your WIC card.

2

Use your Family Food List and WIC Food Guide to make your grocery list.

3

Shop and purchase your groceries.

4

Save your receipt to plan your next shopping trip.



Your new WIC card will be mailed to you soon. Be sure to provide your current contact information on the tear-off form below. If you don't receive your card by the middle of June, contact us at 888-253-8802 or 802-786-5811.

Choices

Expand your family's menu!

Jot down new WIC foods you and your family would like to try.

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Convenience

Choose your WIC-approved local grocery stores:

- Hannaford
- Price Chopper
- Shaw's
- TOPS
- Benson Village Store
- G & L General Store
- Prunier's Market
- Rutland Area Food Co-op
- Tenney Brook Market
- Kamuda's Country Market

Flexibility

Shop any time during the month.

Each month your food benefits become available on the 1st and expire at midnight on the last day.



Update your contact information and enter a raffle for a slow cooker.

See other side for raffle details.

Name Email address

Street address, PO Box Phone number

Apt, bldg, unit, suite, etc. Additional information needed for our new data system:

City, VT Date of birth

Zip Code Education level



Learning

Renew your benefits quarterly

Plan ahead

Use your appointment card to help plan your nutrition activities and keep track of when you have completed each one.

Get a list of what's happening each month in your area at:

Rutland District Office

- 📍 88 Merchants Row, Rutland
- ☎ (802) 786-5811
- 📘 facebook.com/vdhrutland
- ✉ AHS.VDHOLHRutland@state.vt.us



Nutrition Education

Tips and activities – you choose which and when



Activities with your child

Learning as a family is fun. Circle something fun to do with your partner or child

- The Secrets of Baby Behavior
- Farm to Family Scavenger Hunt
- Make Your Own Baby Food
- FitWIC Fun
- Growing Gardens



Online learning

Any day. Anytime. Learn and renew at your convenience with www.wichealth.org.

Ask us how to set up your account, access lessons and get credit for each one you complete. Sample lessons:

- Eating a Rainbow
- Stretching Your Food Dollar
- Kids Can Cook



In-person counseling

Make a date to talk with your nutritionist or breastfeeding peer counselor.

Appointments are available to fit your schedule.



WIN A SLOW COOKER!



Visit all Shopping and Learning topics and fill this section to be entered to win.

Be sure to provide us with your contact information (see other side for form).

Slow cookers will be raffled off on May 30, after the last learning Rutland District session.

I visited:

- WIC Card 101
- Choices
- Convenience
- Flexibility
- Plan Ahead
- In-person Counseling
- Activities with Your Child
- Online Learning