



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

Rutland District Office

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📘 [facebook.com/vdhrutland](https://www.facebook.com/vdhrutland)

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Keep your WIC membership current!

Connect with WIC four times a year to continue your benefits: nutrition counseling, fun family activities, healthy foods & more.

- Twice a year, come to a WIC Appointment.
- In between your appointments, complete a WIC Activity.

My next **WIC Activity** is: _____

Date: _____ Time: _____

Place: _____

😊 We've saved a space for you. If you can't come, please let us know as soon as possible, so we can reschedule you before your benefits stop.

My next **WIC Appointment** will be due in: _____ / _____
Month Year