





WIC Nutrition Education Classes March 2015 *Clases de Nutricion*

East Austin Clinic Community Care 211 Comal Austin, TX. 78702 512-972-4942

Tues 8:00am - 7:00pm closed 12:00pm-1:00pm

TUESDAY, MARCH 3, 2015 1:00 CHILD SPANISH

TUESDAY, MARCH 10, 2015 1:00 CHILD ENGLISH

TUESDAY, MARCH 17, 2015

1:00 CHILD ENGLISH

TUESDAY, MARCH 24, 2015 1:00 CHILD SPANISH

TUESDAY, MARCH 31, 2015 1:00 CHILD SPANISH

Rosewood-Zaragosa Clinic

Neighborhood Center 2800 Webberville Rd Austin, TX. 78702 512-972-4942

Mon 7:30am-7:00pm closed 12:00pm-1:00pm
 Tues 7:30am-7:00pm closed 12:00pm-1:00pm
 Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm

SATURDAY, MARCH 14, 2015

8:15 PREGNANT SPANISH 9:15 PRENANT ENGLISH 10:30 WIC COOKING CLASS SPANISH

TUESDAY, MARCH 17, 2015

8:15 CHILD SPANISH
9:30 CHILD ENGLISH
10:30 INFANT SPANISH
1:15 PREGNANT SPANISH
2:15 INFANT ENGLISH
3:30 PREGNANT ENGLISH
4:30 INFANT SPANISH
5:45 CHILD SPANISH

TUESDAY, MARCH 31, 2015

8:15 INFANT SPANISH
9:30 CHILD SPANISH
10:30 INFANT ENGLISH
1:15 INFANT SPANISH
2:30 PREGNANT ENGLISH
3:30 INFANT ENGLISH
4:45 CHILD ENGLISH
5:45 CHILD SPANISH

South Austin Clinic

Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942

Mon 7:30am-7:00pm closed 12:00pm-1:00pm

Tues 7:30am-7:00pm closed 12:00pm-1:00pm

Wed 7:30am-4:30pm closed 12:00pm-12:30pm

closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

THURSDAY, MARCH 5, 2015

8:00 PREGNANT SPANISH 9:00 CHILD SPANISH 10:00 PREGNANT ENGLISH 11:00 CHILD ENGLISH 1:00 INFANT SPANISH 3:00 CHILD ENGLISH

THURSDAY, MARCH 12, 2015

9:00 CHILD SPANISH 10:00 CHILD ENGLISH 11:00 PREGNANT SPANISH 12:45 INFANT ENGLISH 2:00 CHILD ENGLISH 3:15 INFANT SPANISH

MONDAY, MARCH 16, 2015

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1:00 PREGNANT SPANISH 7:30am-12:00pm 2:00 PREGNANT ENGLISH 2nd Saturday 8:00am-12:00pm 3:15 CHILD SPANISH 4:30 CHILD ENGLISH 5:30 CHILD SPANISH THURSDAY, MARCH 26, 2015 8:30 INFANT SPANISH 9:45 CHILD SPANISH 10:45 INFANT ENGLISH 1:00 CHILD SPANISH 2:00 CHILD SPANISH 3:00 PREGNANT ENGLISH MONDAY, MARCH 2, 2015 St. John's Community Center 8:00 INFANT SPANISH 7500 Blessing Ave 9:15 CHILD SPANISH Austin, TX. 78752 10:00 PREG SPANISH 512-972-4942 1:15 CHILD ENGLISH 2:00 INFANT ENGLISH Mon 7:30am-7:00pm closed 12:00pm-1:00pm 3:15 PREGNANT ENGLISH 4:00 CHILD ENGLISH Tues 7:30am-7:00pm closed 12:00pm-1:00pm 5:00 CHILD ENGLISH Wed 7:30am-4:30pm closed 12:00pm-12:30pm **FRIDAY, MARCH 13, 2015** 8:00 CHILD SPANISH closed 2nd Wednesday 9:00 CHILD SPANISH 10:00 CHILD ENGLISH Thurs 7:30am-4:30pm closed 12:00pm-12:30pm SATURDAY, MARCH 14, 2015 Fri 7:30am-12:00pm 8:15 CHILD SPANISH 9:00 CHILD SPANISH 2nd Saturday 8:00am-12:00pm 10:00 CHILD ENGLISH **MONDAY, MARCH 16, 2015** 8:00 CHILD SPANISH 9:00 CHILD ENGLISH

> 10:00 INFANT ENGLISH 1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:30 CHILD SPANISH 5:00 CHILD SPANISH







Northwest Clinic

8701 Research Blvd suite A Austin, TX. 78758 512-972-4942

Mon 7:30am-7:00pm closed 12:00pm-1:00pm

Tues 7:30am-7:00pm closed 12:00pm-1:00pm

Wed 7:30am-4:30pm closed 12:00pm-12:30pm

closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Fri 7:30am-12:00pm

2nd Saturday 8:00am-12:00pm

TUESDAY, MARCH 3, 2015

7:45 CHILD SPANISH
8:30 INFANT SPANISH
9:30 PREGNANT SPANISH
10:15 CHILD SPANISH
1:15 INFANT SPANISH
2:30 PREGNANT SPANISH
3:15 CHILD SPANISH
4:00 INFANT SPANISH
5:15 CHILD SPANISH
6:00 CHILD SPANISH

SATURDAY, MARCH 14, 2015

8:15 INFANT SPANISH 9:15 CHILD SPANISH 10:00 INFANT ENGLISH 11:00 CHILD ENGLISH

TUESDAY, MARCH 17,2015

8:00 INFANT ENGLISH
9:15 CHILD ENGLISH
10:00 PREGNANT ENGLISH
1:15 INFANT ENGLISH
2:30 PREGNANT ENGLISH
3:15 CHILD ENGLISH
4:00 INFANT ENGLISH
5:15 CHILD ENGLISH

TUESDAY, MARCH 24, 2015

7:45 CHILD SPANISH
8:45 INFANT SPANISH
10:00 WIC COOKING CLASS BILINGUAL
1:15 INFANT SPANISH
2:30 INFANT SPANISH
3:45 CHILD SPANISH

Montopolis Clinic

Neighborhood Center 1416 Montopolis Dr. Austin TX. 78741 512-972-4942

Mon 8am-7pm closed 12:00-1:00pm

Tues 8am-7pm closed 12:00-1:00pm

Wed 8am-4:30pm closed 12:00-12:30pm

closed 2nd Wednesday

Thurs 8am-4:30pm closed 12:00-12:30pm

Fri 8am-12pm

2nd Saturday 8:00am-12:00pm

MONDAY, MARCH 2, 2015

8:15 CHILD ENGLISH
9:00 INFANT SPANISH
10:00 PREGNANT SPANISH
11:00 CHILD SPANISH
1:15 PREGNANT ENGLISH
2:30 INFANT ENGLISH
4:00 CHILD ENGLISH
5:30 WIC COOKING CLASS BILINGUAL

SATURDAY, MARCH 14, 2015

8:15 CHILD SPANISH 9:00 CHILD ENGLISH 10:00 CHILD SPANISH 10:45 INFANT ENGLISH

MONDAY, MARCH 23, 2015

1:15 INFANT SPANISH 2:30 CHILD SPANISH 3:30 CHILD SPANISH

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TUESDAY, MARCH 3, 2015	Smart Choices • Healthy Families				
## Austin, TX. 78745 ## Austin, TX. 78745 ## 512-972-4942 ## 10:30 CHILD ENGLISH ## 10:30 CHILD SPANISH ## 10:30 C			5:00 WIC COOKING CLASS BILINGUAL		
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm TUESDAY, MARCH 24, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 5:00 INFANT SPANISH 10:30 CHILD SPANISH 5:00 INFANT SPANISH 10:30 CHILD SPANISH	405 W. S Austin, 1 512-972 Mon 7 Tues 7 Wed 7	Stassney TX. 78745 2-4942 7:30am-7:00pm closed 12:00pm-1:00pm 7:30am-7:00pm closed 12:00pm-1:00pm 7:30am-4:30pm closed 12:00pm-12:30pm	8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH 1:15 PREGNANT ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD ENGLISH 5:00 CHILD ENGLISH 6:00 PREGNANT ENGLISH TUESDAY, MARCH 10, 2015 8:15 INFANT SPANISH		
2:15 INFANT SPANISH 2nd Saturday 8:00am-12:00pm 2:15 INFANT SPANISH 5:00 INFANT SPANISH TUESDAY, MARCH 24, 2015 8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH	Thurs 7	7:30am-4:30pm closed 12:00pm-12:30pm			
8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH 5:00 PREGNANT ENGLISH		·	2:15 INFANT SPANISH 4:00 PREGNANT SPANISH		
0.00 CHILD SPAINISH			8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH 1:15 CHILD ENGLISH 2:15 INFANT ENGLISH 4:00 CHILD SPANISH		
Manor Clinic East Rural Community Center 600 West Carrie Manor Manor, TX. 78653 512-972-4942 THURSDAY, MARCH 12, 2015 9:15 CHILD SPANISH 10:00 CHILD ENGLISH	East Rur 600 Wes Manor,	ral Community Center est Carrie Manor TX. 78653	9:15 CHILD SPANISH		
3rd Tues 1:30pm-5:00pm	3rd Tues	s 1:30pm-5:00pm			
Thurs 9:00am-2:30pm closed 12:00pm-12:30pm	Thurs 9	9:00am-2:30pm closed 12:00pm-12:30pm			
Dove Springs WEDNESDAY, MARCH 04, 2015 6801 South IH-35 Suite I&J 8:15 PREGNANT SPANISH Austin, TX. 78744 9:00 CHILD SPANISH 512-972-4942 10:30 WIC COOKING CLASS SPANISH Mon 7:30-7:00pm close 12:00-1:00pm 1:30 CHILD SPANISH Tue 7:30-7:00pm close 12-00-1:00pm 3:15 CHILD SPANISH	6801 So Austin, 1 512-972 Mon 7:3	outh IH-35 Suite I&J TX. 78744 2-4942 :30-7:00pm close 12:00-1:00pm	8:15 PREGNANT SPANISH 9:00 CHILD SPANISH 10:30 WIC COOKING CLASS SPANISH 12:45 INFANT SPANISH 1:30 CHILD SPANISH 2:30 PREGNANT SPANISH		
Wed 7:30-4:30 close 12:00-12:30pm WEDNESDAY, MARCH 18, 2015 8:15 PREGNANT ENGLISH			8:15 PREGNANT ENGLISH		
Thu 7:30-4:30 close 12:00-12:30pm 9:00 CHILD ENGLISH 10:30 WIC COOKING CLASS ENGLISH	Thu 7:3	30-4:30 close 12:00-12:30pm	10:30 WIC COOKING CLASS ENGLISH		
Fri 7:30-12:00 12:45 INFANT ENGLISH 1:30 CHILD ENGLISH 2 nd Saturday 8:00-12:00pm 2:30 PREGNANT ENGLISH 3:15 CHILD ENGLISH			1:30 CHILD ENGLISH 2:30 PREGNANT ENGLISH		

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Smart Choices • Health	ny ramilles of 19
	WEDNESDAY, MARCH 25, 2015
	8:15 PREGNANT ENGLISH
	9:00 CHILD ENGLISH
	10:00 PREGNANT SPANISH
	12:45 INFANT SPANISH
	1:30 CHILD ENGLISH
	2:30 INFANT ENGLISH
	3:15 CHILD SPANISH
Pflugerville Clinic	TUESDAY, MARCH 03, 2015
North Rural Community Center	
15822 Foothill Farms Loop	1:15 INFANT ENGLISH
•	2:30 PREGNANT SPANISH
Pflugerville, TX. 78660	
512-972-4942	3:30 INFANT SPANISH
	5:00 CHILD SPANISH
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	6:00 CHILD ENGLISH
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	TUESDAY, MARCH 17, 2015
W 1 700 400 4 140 5	
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	1:15 INFANT SPANISH
	2:30 PREGNANT ENGLISH
closed 2nd Wednesday	3:30 INFANT ENGLISH
	5:00 CHILD ENGLISH
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm	6:00 CHILD ENGLISH
	0.00 CHILD SPAINISH
Fri 7:30am-12:00pm	TUESDAY MARCU 24 2045
	TUESDAY, MARCH 24, 2015
2nd Saturday 8:00am-12:00pm	
	1:15 INFANT ENGLISH
	2:30 PREGNANT SPANISH
	3:30 INFANT SPANISH
	5:00 CHILD SPANISH
	6:00 CHILD ENGLISH
	0.00 CHIED ENGLISH
Oakhill Clinic	MONDAY, MARCH 9, 2015
West Rural Community Center	3:00 PREGNANT SPANISH
8656 Ste Hwy 71 W	3:45 PREGNANT ENGLISH
Bldg A, Suite B	
Austin, TX. 78735	MONDAY, MARCH 23, 2015
512-972-4942	8:15 CHILD ENGLISH
312-9/2-4942	
	3:00 CHILD ENGLISH
Mon 8:00am -5:00pm closed 12:00pm-12:30pm	3:45 CHILD SPANISH
Fri 9,000m 12,000m	
Fri 8:00am-12:00pm	
closed the 2nd Fride	
closed the 2nd Friday	
Dol Valla Clinia	THURSDAY MARCH E 201E
Del Valle Clinic	THURSDAY, MARCH 5, 2015
South Rural Community Center	8:20 INFANT SPANISH
3518 FM 973	9:40 CHILD SPANISH
Del Valle TX. 78617	10:20 CHILD SPANISH
	10:20 CHILD SPANISH 11:00 CHILD ENGLISH
Del Valle TX. 78617	
Del Valle TX. 78617	
Del Valle TX. 78617 512-972-4942	11:00 CHILD ENGLISH
Del Valle TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm	11:00 CHILD ENGLISH MONDAY, MARCH 16, 2015 1:20 INFANT SPANISH
Del Valle TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm	11:00 CHILD ENGLISH MONDAY, MARCH 16, 2015 1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH
Del Valle TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm	11:00 CHILD ENGLISH MONDAY, MARCH 16, 2015 1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH
Del Valle TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm	11:00 CHILD ENGLISH MONDAY, MARCH 16, 2015 1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH
Del Valle TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm	11:00 CHILD ENGLISH MONDAY, MARCH 16, 2015 1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH 5:20 CHILD SPANISH
Del Valle TX. 78617 512-972-4942 Mon 8:00am-7pm closed 12:00 -1pm 1st and 3rd Thursday of each month 8am-4:30pm	11:00 CHILD ENGLISH MONDAY, MARCH 16, 2015 1:20 INFANT SPANISH 2:40 PREGNANT ENGLISH 3:20 INFANT ENGLISH 4:40 PREGNANT SPANISH

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Bastrop Clinic

443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942

Mon 7:30am-7:00pm closed 12:00pm-1:00pm

Tues closed

Wed 7:30am-4:30pm closed 12:00pm-12:30pm

closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Fri closed

2nd Saturday 8:00am-12:00pm

MONDAY, MARCH 9, 2015

1:45 INFANT SPANISH 3:30 PREGNANT ENGLISH 4:45 PREGNANT SPANISH

SATURDAY, MARCH 14, 2015

8:15 INFANT SPANISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH

THURSDAY, MARCH 19, 2015

10:00 WIC COOKING CLASS BILINGUAL

Elgin Clinic

218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942

Tues 8:00am-5:00pm closed 12:00pm-12:30pm

Fri 8:00am-12:00pm

TUESDAY, MARCH 10, 2015

8:15 INFANT SPANISH 9:30 PREGNANT SPANISH 10:30 CHILD SPANISH

TUESDAY, MARCH 24, 2015

9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH

Pregnant/Embarazada

Breastfeeding & Returning to Work

This lesson addresses the question "how am I going to continue breastfeeding when I go back to work?", and provides resources to instill confidence in that decision.

Esta lección trata la pregunta "cómo voy a continuar amamantando cuando regrese a trabajar", y provee recursos para infundir confianza en esa decisión.

Infant/Infante

Baby Bingo

This lesson uses group discussion and focuses on basic guidelines when introducing solid foods to infants, using a Bingo game to make it fun and exciting.

Esta lección usa discusión en grupo y se enfoca en guías básicas cuando introduce comida solida a infantes, usando el juego Bingo para hacerlo divertido y emocionante.

Child/General / Niño/General

Family Meals: MyPlate for My Family

This lesson uses group discussion and hands on activities to explore the USDA MyPlate tool.

Esta lección usa discusión en grupo y manos en actividades para explorar la herramienta de USDA de Mi Plato.

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WIC Cooking Class Demonstrations

This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the recipe is provided, along with the recipe.

Clase de Cocinar Demostraciones

Esta clase muestra recetas fáciles y saludables que incorporan frutas y verduras. Se proporciona una muestra de la receta, junto con la receta.







WIC Nutrition Education Classes April 2015 Clases de Nutricion

East Austin Clinic Community Care 211 Comal

Austin, TX. 78702 512-972-4942

512-972-4942

Tues 8:00am - 7:00pm closed 12:00pm-1:00pm

TUESDAY, APRIL 14, 2015 1:00 CHILD SPANISH

TUESDAY, APRIL 21, 2015 1:00 CHILD ENGLISH

TUESDAY, APRIL 28, 2015 1:00 CHILD SPANISH

SATURDAY, APRIL 11, 2015 Rosewood-Zaragosa Clinic

8:15 PREGNANT SPANISH **Neighborhood Center** 9:30 PREGNANT ENGLISH 2800 Webberville Rd 10:30 WIC COOKING CLASS SPANISH Austin, TX. 78702

> **TUESDAY, APRIL 14, 2015** 5:30 CHILD SPANISH

THURSDAY, APRIL 23, 2015 Tues 7:30am-7:00pm closed 12:00pm-1:00pm

Wed 7:30am-4:30pm closed 12:00pm-12:30pm

closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Mon 7:30am-7:00pm closed 12:00pm-1:00pm

7:30am-12:00pm Fri

2nd Saturday 8:00am-12:00pm

8:30-11:15 FRUIT AND VEGGIE FAIR 1:00-3:30 FRUIT AND VEGGIE FAIR

South Austin Clinic

Multipurpose Center 2508 Durwood Dr. Austin, TX. 78704 512-972-4942

Mon 7:30am-7:00pm closed 12:00pm-1:00pm

Tues 7:30am-7:00pm closed 12:00pm-1:00pm

Wed 7:30am-4:30pm closed 12:00pm-12:30pm

closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Fri 7:30am-12:00pm

2nd Saturday 8:00am-12:00pm

THURSDAY, APRIL 9, 2015

8:30-11:00 FRUIT AND VEGGIE FAIR 1:00-3:00 FRUIT AND VEGGIE FAIR

St. John's Community Center

7500 Blessing Ave Austin, TX. 78752 512-972-4942

MONDAY, APRIL 6, 2015

8:30-11:00 FRUIT AND VEGGIE FAIR 1:15-5:45 FRUIT AND VEGGIE FAIR

FRIDAY, APRIL 10, 2015 8:00 CHILD SPANISH 9:00 CHILD SPANISH

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7:30am-7:00pm closed 12:00pm-1:00pm 10:00 CHILD ENGLISH Tues 7:30am-7:00pm closed 12:00pm-1:00pm SATURDAY, APRIL 11, 2015 8:15 CHILD SPANISH Wed 7:30am-4:30pm closed 12:00pm-12:30pm 9:00 CHILD SPANISH 10:00 CHILD ENGLISH closed 2nd Wednesday MONDAY, APRIL 20, 2015 Thurs 7:30am-4:30pm closed 12:00pm-12:30pm 8:00 CHILD SPANISH 9:00 CHILD ENGLISH 7:30am-12:00pm Fri 10:00 INFANT ENGLISH 1:15 INFANT SPANISH 2nd Saturday 8:00am-12:00pm 2:30 CHILD SPANISH 3:15 PREGNANT SPANISH 4:30 CHILD SPANISH 5:15 CHILD SPANISH **Northwest Clinic** TUESDAY, APRIL 21, 2015 8:30-11:00 FRUIT AND VEGGIE FAIR 8701 Research Blvd suite A 1:30-5:30 FRUIT AND VEGGIE FAIR Austin, TX. 78758 512-972-4942 Mon 7:30am-7:00pm closed 12:00pm-1:00pm Tues 7:30am-7:00pm closed 12:00pm-1:00pm Wed 7:30am-4:30pm closed 12:00pm-12:30pm closed 2nd Wednesday Thurs 7:30am-4:30pm closed 12:00pm-12:30pm Fri 7:30am-12:00pm 2nd Saturday 8:00am-12:00pm **TUESDAY, APRIL 7, 2015 Montopolis Clinic** 1:30-4:45 FRUIT AND VEGGIE FAIR Neighborhood Center 1416 Montopolis Dr. Austin TX. 78741 SATURDAY, APRIL 11, 2015 8:15 CHILD SPANISH 512-972-4942 9:00 CHILD ENGLISH Mon 8am-7pm closed 12:00-1:00pm 10:00 CHILD SPANISH 10:45 INFANT ENGLISH Tues 8am-7pm closed 12:00-1:00pm Wed 8am-4:30pm closed 12:00-12:30pm

USDA is an equal opportunity provider and employer.

closed 2nd Wednesday

Thurs 8am-4:30pm closed 12:00-12:30pm

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Sittle Si	
Fri 8am-12pm	
2nd Saturday 8:00am-12:00pm	
Far South Clinic	TUESDAY, APRIL 14, 2015
405 W. Stassney	1:30-4:45 FRUIT AND VEGGIE FAIR
Austin, TX. 78745	
512-972-4942	
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	
closed 2nd Wednesday	
Thurs 7:30am-4:30pm closed 12:00pm-12:30pm	
Fri 7:30am-12:00pm	
2nd Saturday 8:00am-12:00pm	
Manor Clinic	THURSDAY, APRIL 9, 2015
East Rural Community Center	9:15 CHILD SPANISH 10:15 CHILD ENGLISH
600 West Carrie Manor Manor, TX. 78653	10.13 CHILD ENGLISH
512-972-4942	
3rd Tues 1:30pm-5:00pm	
Thurs 9:00am-2:30pm closed 12:00pm-12:30pm	
Dove Springs	WEDNESDAY, APRIL 15, 2015
6801 South IH-35 Suite I&J	8:30-11:00 FRUIT AND VEGGIE FAIR
Austin, TX. 78744	1:00-3:00 FRUIT AND VEGGIE FAIR
512-972-4942	
Mon 7:30-7:00pm close 12:00-1:00pm	
Tue 7:30-7:00pm close 12-00-1:00pm	
Wed 7:30-4:30 close 12:00-12:30pm	
Thu 7:30-4:30 close 12:00-12:30pm	
Fri 7:30-12:00	
2 nd Saturday 8:00-12:00pm	
Pflugerville Clinic	TUESDAY, APRIL 28, 2015
North Rural Community Center	1:30-5:30 FRUIT AND VEGGIE FAIR
15822 Foothill Farms Loop	
Pflugerville, TX. 78660 512-972-4942	
Mon 7:30am-7:00pm closed 12:00pm-1:00pm	
Tues 7:30am-7:00pm closed 12:00pm-1:00pm	
Wed 7:30am-4:30pm closed 12:00pm-12:30pm	

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closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Fri 7:30am-12:00pm

2nd Saturday 8:00am-12:00pm

Oakhill Clinic

West Rural Community Center 8656 Ste Hwy 71 W Bldg A, Suite B Austin, TX. 78735

512-972-4942

Mon 8:00am -5:00pm closed 12:00pm-12:30pm

Fri 8:00am-12:00pm

closed the 2nd Friday

MONDAY, APRIL 13, 2015

8:15 INFANT ENGLISH 8:45 INFANT SPANISH 3:00 PREGNANT SPANISH 3:45 PREGNANT ENGLISH

MONDAY, APRIL 27, 2015

8:15 CHILD ENGLISH 8:30 CHILD SPANISH 3:00 CHILD ENGLISH 3:45 CHILD SPANISH

Del Valle Clinic

South Rural Community Center 3518 FM 973 Del Valle TX. 78617 512-972-4942

Mon 8:00am-7pm closed 12:00 -1pm

1st and 3rd Thursday of each month 8am-4:30pm

closed 12-12:30

THURSDAY, APRIL 2, 2015

8:20 INFANT SPANISH 9:40 CHILD SPANISH 10:20 CHILD SPANISH 11:00 CHILD ENGLISH

MONDAY, APRIL 20, 2015

1:20 INFANT SPANISH
2:40 PREGNANT ENGLISH
3:20 INFANT ENGLISH
4:40 PREGNANT SPANISH
5:20 CHILD SPANISH
6:00 CHILD ENGLISH

Bastrop Clinic

443 Highway 71 Bastrop, TX. 78602 1-800-942-2778 1-512-972-4942

Mon 7:30am-7:00pm closed 12:00pm-1:00pm

Tues closed

Wed 7:30am-4:30pm closed 12:00pm-12:30pm

closed 2nd Wednesday

Thurs 7:30am-4:30pm closed 12:00pm-12:30pm

Fri closed

2nd Saturday 8:00am-12:00pm

SATURDAY, APRIL 11, 2015

8:15 INFANT ENGLISH 9:30 CHILD SPANISH 10:30 CHILD ENGLISH

MONDAY, APRIL 13, 2015

1:45 INFANT SPANISH 3:30 PREGNANT ENGLISH 4:45 PREGNANT SPANISH

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Elgin Clinic

218 South Main Street Elgin, TX. 78621 1-800-942-2778 1-512-972-4942

Tues 8:00am-5:00pm closed 12:00pm-12:30pm

Fri 8:00am-12:00pm

TUESDAY, APRIL 14, 2015 8:15 INFANT SPANISH

9:30 PREGNANT SPANISH 10:30 CHILD SPANISH

TUESDAY, APRIL 28, 2015

8:15 INFANT ENGLISH 9:30 PREGNANT ENGLISH 10:30 CHILD ENGLISH

Pregnant

This class uses facilitated discussion to encourage participants to learn about and share common breastfeeding concerns. Participants will select at least three out of ten topics to discuss from a bulletin board or poster. Each topic includes suggestions for discussion questions, materials, visual aids, and optional corresponding activities.

Esta clase utiliza discusión facilitada para animar a los participantes a conocer y compartir las preocupaciones comunes de la lactancia. Los participantes seleccionarán al menos tres de cada diez temas para discutir de un tablón de anuncios o carteles. Cada tema incluye sugerencias para preguntas de discusión, materiales, ayudas visuales y actividades correspondientes opcionales.

Infant

This class is a group discussion about promoting healthy weight in infancy and throughout life. Parents and caregivers will discuss hunger and fullness cues, healthy infant feeding practices such as limiting juice and appropriately starting solids, and ways to incorporate physical activity from birth to 24 months.

Esta clase es un grupo de discusión sobre la promoción de peso saludable en la infancia y durante toda la vida. Los padres y cuidadores discutirán hambre y saciedad señales, las prácticas de alimentación de lactantes sanos tales como limitar el jugo y apropiadamente a partir de sólidos, y las maneras de incorporar la actividad física desde el nacimiento hasta los 24 meses.

Child

This class uses group discussion and handouts to encourage participants to learn about and share healthy breakfast recipes/ideas, the benefits of eating breakfast, and tips to make time for breakfast.

Esta clase utiliza la discusión en grupo y folletos para animar a los participantes a conocer y compartir recetas saludables para el desayuno / ideas, los beneficios de comer el desayuno, y consejos para hacer que el tiempo para el desayuno

WIC Cooking Class Demonstrations

This class demonstrates easy healthy recipes that incorporate fruits and vegetables. A sampling of the recipe is provided, along with the recipe.

Clase de Cocinar Demostraciones

Esta clase muestra recetas fáciles y saludables que incorporan frutas y verduras. Se proporciona una muestra de la receta, junto con la receta.

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