Raising healthy families in Hardwick, Vermont

did you know...?
- There are weekly community dinners!
- We have over 6 miles of safe and maintained trails!
- You can grow your own veggies for free!
- There are dozens of family friendly ways to spend time and get moving in Hardwick!

Hardwick Area Health Center

Tel  802-472-3300
Fax  802-472-8277

Your Family's Guide to Hardwick
Local resources for healthy families
Your Kids are Great Resources

ChooseMyPlate.gov serves up

- dance off!
- record player and have a
- active family - turn up the
- extra time to plant an help
- screen time a day Use the
- 2 hours of non-academic
direction. Kids should have less
family moving in a healthy
and methods for getting your
KidHealth.org for tips, recipes.

Your OWN Program
Grow your own program teaches
values. Hardwick Elementary Schools
local schools promote healthy family
- Cook meals together and learn.

- Children about healthy living.
Use family time to teach your

- Physical activity 7 days a
Kids need 60+ minutes of

- all ages, all year round
activities to entertain people of
Hardwick area has many

- Katlehorne Tracker mom

raise a family

a great place to

Is...

"Hardwick"

on the Move - Visit

and squagely-1.10.
- dinner with the kids they have
- pick up some local produce to make
- fridays from 3-6 at 1st Grundale Rd.

Visit the Hardwick Farmers Market on

6020 for info.
- United Church of Hardwick call 802-472-
- dinner - every Thursday from 12-1 at the
- The Free and Live Hardwick Community

miles of multi-use trails all year long.
and a hike from the Hardwick trails 6+
find a stick shaped like a "y", a maple leaf.
set up a scavenger hunt for your kids to
online.
- the Hardwick food pantry hires
- Reddy drop box on 802-472-990 or visit
with what you already have at home. Call
local produce and cook healthy meals.
Memberships can teach you how to access
Center for an Agricultural Economy, Grow
mgov.org for local activities.

NEK Kids on the Move - visit

Resources

Online

Local