HEALTHY START CLASSES
Healthy Start classes are offered on a monthly basis. These classes serve as both a nutrition education session and a check-pick up appointment, with participants receiving their checks at the close of the class. Lesson plans are client-centered, with topics chosen by the participants via distributed surveys.

HEALTHY START DISPLAYS
Waiting time is Healthy Start time in the Yeled v’Yalda WIC waiting area! The YvY WIC waiting area is a key part of Healthy Start and Fit WIC encouragement. Different toys, activity stations, and a large open area combine to promote active play for the children waiting, while exciting VENA-centered informative dioramas and displays are provided for the parents. Healthy Start raffles are used as an added bonus for participants, with nutrition-related prizes awarded.

YELED V’YALDA WIC HOURS OF OPERATION
Monday:.........................11:00 am — 7:00 pm
Tuesday:.......................8:30 am — 4:30 pm
Wednesday:...............8:30 am — 4:30 pm
Thursday:.....................7:00 am — 3:00 pm
Friday:.........................8:30 am — 12:30 pm
Last Sunday of Every Month:
9:00 am — 12:00 pm

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Eat Well Play Hard

WELCOME TO HEALTHY START
As part of our goal of encouraging our participants to eat right and engage in daily physical activity, all in the hopes of developing a healthier lifestyle for themselves and their loved ones, Yeled v’Yalda WIC has developed Healthy Start. Healthy Start is an all inclusive program, encouraging young and old alike to adopt healthy habits for themselves.

HEALTHY START PROGRAM
Healthy Start Planners are distributed to participants upon enrollment in Healthy Start. Planners are equipped with inserts detailing Healthy Start breakfast and activity choices, and participants are encouraged to document their healthy start choices in their planner. Planners, combined with one-on-one nutrition education counseling, are used to identify problem areas and to establish “Eat Well Play Hard” goals. Goals focus on low-fat milk consumption, fruit and vegetable consumption, whole grains consumption, and physical activity three times weekly.

HEALTHY START KIDS PROGRAM
Healthy Start Kids includes even the youngest of WIC participants in the development of a healthier lifestyle. To encourage whole family participation in Healthy Start Yeled v’Yalda WIC has implemented the Healthy Start Kids program. Children receive Healthy Start Kids postcards and stickers of healthy foods — they are encouraged to display all of their healthy start choices, using the stickers, on the postcards. In this way children are given the opportunity to learn about, and make their own, healthy start choices. Behaviors formed in the very young stand a strong chance of becoming life-long practice.

HEALTHY START FAMILIES
Healthy Start Families encourages the whole family to make healthy lifestyle choices together, as a team. These family choices have a higher likelihood of being habit-forming and lifestyle-changing than those choices made by individuals. Participants signing up display a high level of commitment to ensuring that their families lead healthy lifestyles, from the oldest member of their family down to the very youngest.

HEALTHY START STAFF
A healthy employee is a more productive and content employee. At Yeled v’Yalda WIC we seek to improve employee health and well being, while at the same time serving as role models for the WIC participants and the greater community-at-large. The primary goal of the program is to enhance the well being of employees by:

- increasing employees’ awareness of healthy lifestyle choices
- encouraging employee incorporation of daily healthy lifestyle activities
- providing support to employees in making healthy lifestyle choices
- assisting in the development of supportive workplace environments in order to meet health promotion goals

These are accomplished by encouraging stair-taking over the elevator, the provision of healthy snacks during staff meetings, trainings, and in-services, and the offering of low-fat and fat-free milk in the kitchenette.