



Do your nutrition education **ON THE INTERNET**

It's easy! You don't have to be a computer whiz to use this program

It's fun! There are lots of good recipes and tips on preparing healthy foods

It's convenient! You can do it at any time, and anywhere you have Internet access

WIC parents that have used it really enjoy it!



Access previously completed lessons by clicking on the "My Profile" link!



Save your favorite links so you can go back and view them at any time!



Share your comments about links with other moms.

Here is what WIC clients are saying:

Awesome website!!! Lots of great information and links!

I think the website is great, looks wonderful and very easy to follow. I love having a person talking right there.

This is a great idea! Especially for us working parents that also have a 9-5 job. It is hard to take a personal or sick day. We like to use those for our sick children not for appointments.

Follow these simple instructions to get started:

1. Go to wichealth.org.
2. Create an account and set up your profile.
3. Choose a lesson from one of the 5 categories.
4. Complete the lesson.
5. Fill out the survey.
6. Print or email your certification of completion.

This will count as your nutrition education

Lessons Currently Available

*Lessons available vary by state

Pregnant Women

Food Safety for Moms-to-Be
A Recipe for a Healthy Pregnancy
Understanding Your Baby's Sleep

Children Ages 1-5

Make Meals & Snacks Simple
Secrets For Feeding Picky Eaters
Help Your Child Make Good Eating Choices
Trust Your Child To Eat Enough
Happy, Healthy, Active Children
Build Strong Kids with Dairy Foods
Fun and Healthy Drinks for Kids
Fruits and Veggies Grow Healthy Kids

Parents

Be Healthy with Fruits and Veggies
Be Healthy As Your Baby Grows
Preparing For A Healthy Pregnancy
Keep Your Family Safe from E.Coli
Choose Iron Rich Foods

Infants

Starting Your Infant on Solid Foods
Baby's First Cup
Breastfeeding: Building a Bond for a Lifetime
Understanding Your Baby's Cues
Shining Some Light on Vitamin D

Family

Eat Well, Spend Less
Make Mealtime a Family Time
Choose MyPlate to Build a Healthier Family
Healthy Whole Grains
Shopping with Your WIC Food Benefits
Meatless Meals for Busy Families
Farm to Family: Keeping Food Safe
Making Healthy Meals

All lessons available in Spanish

*Lesson available in IL, MI, UT, WI

Share wichealth.org resources with your social networks.



wichealth.org
connecting for a healthy future

ID:
Email:
Contact: