

Do your nutrition education
ONLINE

Follow these easy steps:

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 certificate of completion.

 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.

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Lessons Available

Pregnant Women

Food Safety for Moms-to-Be
A Recipe for a Healthy Pregnancy
Understanding Your Baby's Sleep NEW in 2013

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 NEW in 2013

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

Infants

Starting Your Infant on Solid Foods
Baby's First Cup
Breastfeeding: Building a Bond for a Lifetime
Understanding Your Baby's Cues NEW in 2013

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**

All lessons available in Spanish

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