wichealth.org
connecting for a healthy future

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!

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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

Pregnant Women
Food Safety for Moms-to-Be*
A Recipe for a Healthy Pregnancy

Family
Eat Well- Spend Less
Steps To A Healthier Family*
Healthy Whole Grains*
Shopping with your WIC Bridge Card

Parents
Be Healthy with Fruits and Veggies*
Be Healthy As Your Baby Grows*
Preparing For A Healthy Pregnancy*

Infants
Starting to Feed Your Infant Solids*
Baby's First Cup*
Support for Breastfeeding Moms*

Children Ages 1-5
Make Meals & Snacks Simple*
Secrets For Feeding Picky Eaters*
Create Good Eating Habits In Your Child*
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*
Keep Your Family Safe From *E.Coli**

*Available in Spanish

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ID:
Email:
Contact: