



Nutrition Education Lesson Descriptions



Mothers in Motion

Better Ways to Handle Everyday Stress:

Real WIC moms share daily causes of stress and ways they are able to handle it.

Time Saving Tips for Busy Moms:

Learn about the causes of not having enough time and find ways to make time for yourself and your family.

Effective Ways to Handle Negative Feelings:

How to identify the causes of feeling bored, angry, sad or stressed and healthier ways to deal with those negative feelings.

Effective Ways to Help with Parenting:

Offers ideas to reduce parenting stress with effective tips to stay calm, empower your children, and have a happier family.

Effective Ways to Reduce Junk Food:

Learn what to look for on a food label to help you make healthier food choices and possible ways to reduce junk food intake.

Plan Meals to Help Children Eat Healthier:

Offers tips to save time, money and reduce stress and frustration, by planning meals that include healthy foods and making grocery lists.

Useful Tips for Grocery Shopping (Part I):

Learn how to make grocery shopping less stressful. New ways to make a grocery list, choose healthier foods, stretch your food dollars and more!

Useful Tips for Grocery Shopping (Part II):

Discover ways to pick the best produce, avoid outdated foods, and save money.

Practical Ways to Cook Healthier:

Learn to save money and be healthier by eating out less and cooking healthier meals at home more often.

Fun and Realistic Ways to Get More Exercise:

Moms like you share how they found time to be active without leaving their house or neighborhood.

Journey to Weight Loss:

Learn ways to make lifestyle changes to lose weight, have more energy, and feel healthier and happier.



New and Expecting Parents

Eat Well for a Healthy Pregnancy:

Offers pregnant women many ideas to having a healthy pregnancy. Get tips about eating healthy and staying active.

Get Into Shape After Your Baby Arrives:

For new moms who have been to their doctor for their 6-week check up. Learn how to become or stay physically active and develop good eating habits after childbirth. Offers tips to get started, or new ideas to help keep you going as your baby continues to grow.

Protect Your Family From Lead With Healthy Foods:

How to protect your family against lead by eating healthy foods.

Give You and Your Baby a Lifetime of Healthy Teeth:

Caring for your own and your baby's teeth and gums.

Help Your Baby Sleep Safe and Sound:

Follow the ABCs of Safe Sleep. Protect baby from common bedtime dangers while teaching your infant to sleep through the night.

Understanding Your Newborn: Sleep, Crying and Cues:

Learn how to recognize and respond to your baby's cues with confidence.

Feeding Your Newborn:

Helpful tools for making the best infant feeding decisions for you and your family. Learn the importance of a great latch, establishing a good milk supply and how to get the support you need from others.

Preparing to Meet Your Newborn:

Learn how to understand your baby's needs and bond with your newborn through skin-to-skin.

Returning to Work or School:

Make your return to work as smooth as possible. Tips for finding child care, home organization, and feeding baby while at work.

In the Hospital—The First 48 Hours:

Offers information and tips to help you prepare for your hospital experience.

Getting the Support You Need for Baby's First Weeks:

Learn how to create the support system you need. A good support team will help you heal and care for your family during baby's first weeks.

Vaccinate Your Family:

Learn how you can protect yourself, your family and your community from vaccine-preventable diseases.

Building Healthy Bodies With Iron Foods:

Learn how to include iron foods in your meals and snacks, why it's important for your family and know the signs of low iron.



Infants

Baby's First Cup:

How to teach your baby to start drinking from a cup. Tips on what type of cup to use, what to put in the cup, and more!

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Guide to Newborns for Expecting Parents

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Children Ages 1-5

Fun and Healthy Drinks for Kids:

Learn about healthy drinks for your children and get tips to help you kids drink more water and fewer drinks filled with sugar.

Help Your Child Make Good Eating Choices:

How to give your children independence in making healthy eating choices. Get Ideas on how to do your job during meals and learn how children of any age can help during mealtime.

Protect Your Family From Lead With Healthy Foods:

How to protect your family against lead by eating healthy foods.

Two Minutes Twice a Day for a Healthy Smile:

Learn why brushing for two minutes twice a day is so important and what foods help your child have healthy teeth!

Happy, Healthy, Active Children:

Learn about physical activity for your children, including how much and what types of activities are best for your kids. Get fun ideas and healthy tips that get the whole family involved.

Build Strong Kids With Dairy Foods:

Learn why offering your child dairy foods is so important. Includes simple ways to include low-fat milk, cheese, and yogurt in your family's meals every day!

Vaccinate Your Family:

Learn how you can protect yourself, your family and your community from vaccine-preventable diseases.

Building Healthy Bodies With Iron Foods:

Learn how to include iron foods in your meals and snacks, why it's important for your family and know the signs of low iron.

Secrets for Feeding Picky Eaters:

How to deal with your child's food demands. Get tips on how to turn meal time into a happy time!

Go For Whole Grains:

Eating whole grains and high-fiber foods is important. Learn how to prepare whole grain foods and how to fit them into your family's daily meals.

Be Healthy with Veggies and Fruits:

Learn why eating fruits and vegetables are so important for good health. Tips on easy ways to add fruits and veggies to your meals and snacks.



Meal Planning

Using Substitutions in Healthy Meals:

Learn how to use substitutions in a variety of new recipes as well as in many of your long time favorites.

Recipes Made Easy:

Learn how to confidently work with new recipes while preparing healthy meals.

Saving Time with No-Cook Recipes:

Learn how No Cook recipes can help you save time while preparing healthy meals.

Finding Recipes that Work:

Easily finding recipes that include WIC foods.

Making a Meal Plan:

Learn ways to meal plan by making helpful grocery lists to help save time, money and frustration.

Maximizing Food Dollars:

Learn how to get the most nutritious food with the food dollars you have available.

Make Meals and Snacks Simple:

Learn why it's important to offer your family healthy meals and snacks regularly. Get shopping tips, food ideas, recipes, and more!



Healthy Families

Keeping Your Family Safe from E. Coli:

Helps parents to learn simple food safety steps to help lower their family's risk of getting sick from E. coli infection.

Go For Whole Grains

Offers easy ways to choose and prepare whole grain foods and tips to help fit them into your family's daily meals.

Make Meals and Snacks Simple:

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Be Healthy With Veggies and Fruits:

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Making Healthy Meals:

Learn to cook with what you have at home and prepare your family's meals in healthy new ways, using less salt, sugar, and fat.

Meatless Meals for Busy Families:

Learn about the benefits of offering your family meatless meals. Get tips and recipes on making healthy, nutritious meals without using meat.

Choose MyPlate to Build a Healthier Family:

Introduces the new "Choose MyPlate" guidelines from the U.S. Department of Agriculture (USDA) and how you and your family can use MyPlate to eat healthier and be more active.

Protect Your Family From Lead With Healthy Foods:

How to protect your family against lead by eating healthy foods.

Simple Ways to Include Seafood in your Family Meals:

Eating seafood and fish more often is one of the best ways you can help your family have better health and brain development.

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