

## Michigan WIC and USDA WIC Nutrition Education Publications

### *Michigan WIC Publications:*

**Feeding Your Baby – Birth to 10 days** ([English](#)) ([Spanish](#)) ([Arabic](#))

**Feeding Your Baby – Birth to 6 months** ([English](#)) ([Spanish](#)) ([Arabic](#))

**Feeding Your Baby – 6 to 12 months** ([English](#)) ([Spanish](#)) ([Arabic](#))

**Healthy Moms - You've Got This!** ([English](#))([Spanish](#))([Arabic](#))

**Iron for Strong Blood** ([English](#))

**Nutrition During a Pandemic** ([English](#))

**On The Menu** ([English](#)) ([Spanish](#)) ([Arabic](#))

**On The Menu** ([English](#)) ([Spanish](#)) ([Arabic](#))

**Welcome to Michigan WIC** ([English](#)) ([Spanish](#)) ([Arabic](#))

**Well Fed Means Less Lead** ([English](#)) ([Spanish](#)) ([Arabic](#))

**WIC Food Guide** (Effective July 11, 2016) ([English](#)) ([Spanish](#)) ([Arabic](#))

**WIC Infant Formula Insert** ([All Languages](#))

### *USDA WIC Publications:*

**Tips for Pregnant Moms** ([English](#)) ([Spanish](#))

**Tips for Breastfeeding Moms** ([English](#)) ([Spanish](#))

**Healthy Eating for Preschoolers** ([English](#)) ([Spanish](#))

**Healthy Tips for Active Play** ([English](#)) ([Spanish](#))

**Healthy Tips for Picky Eating** ([English](#)) ([Spanish](#))

More topics available for download, or free order at:

<https://wicworks.fns.usda.gov/wic-publications-order-form>

### *USDA Choose MyPlate Resources*

Searchable by audience and topic, all English, some in Spanish:

<https://www.choosemyplate.gov/resources/myplate-tip-sheets>