

Lesson Descriptions

By Category

Pregnancy and Baby's First 6 Months

Eat Well for a Healthy Pregnancy:

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

Taking Care of You After Baby Arrives:

Be your healthiest self after baby arrives. Learn how mental health, sleep, nutrition, and physical activity affect each other. Know what you can do to start feeling your best, one small habit at a time.

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.

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.

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.

In the Hospital—The First 48 Hours:

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

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.

Understanding Your Newborn: Sleep, Crying and Cues:

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

Feeding your 6-24 Month Old

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!

Feeding Your Infant Solid Foods:

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

Feeding Your 1-Year-Old

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.

Feeding your 2-5 Year Old

Help Your Child Develop Healthy Eating Habits:

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.

Making Mealtime a Family Time

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

Solving Picky Eaters:

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

Planning Simple Meals and Snacks

Finding Recipes that Work:

Easily finding recipes that include WIC foods.

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!

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.

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.

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.

Choosing Healthy Foods

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.

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!

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.

Fun and Healthy Drinks:

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

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.

Powerful Proteins—So Much More Than Meat:

While all protein foods are important for health and growing bodies, some come with extra perks! This lesson includes tips to offer your family a variety of protein foods on a budget.

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.

Time to Eat! What's on Your Plate?

Get family-friendly ideas on how to offer a variety of foods from all five food groups.

Keeping Your Family Healthy

A Guide to Food Safety:

Learn why it's important to keep food safe, what risky foods to avoid during pregnancy, and simple ways to do so.

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.

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!

Vaccinate Your Family:

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

Mothers in Motion

Mothers in Motion Introduction and Overview

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

Better Ways to Handle Everyday Stress:

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

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.

Effective Ways to Handle Negative Feelings:

Offers ideas to feel happier by handling negative feelings .

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.

Practical Ways to Cook Healthier:

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

Plan Meals to Help Children Eat Healthier:

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

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.

Useful Tips for Grocery Shopping (Part I):

Learn to make grocery shopping less stressful by making a list, choosing healthy foods, stretching 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.

Project FRESH

Get FRESH at the Farmers Market (Available June—October)

Getting the most from your Project FRESH fruit and vegetable benefits with authorized farmers and roadside stands.