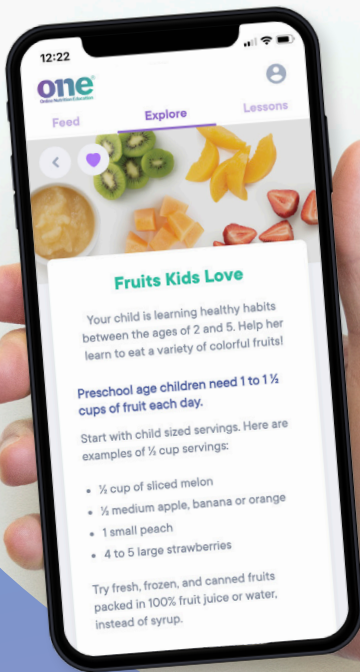


welcome to  
**one**<sup>®</sup>  
**Online Nutrition Education**  
*powered by Nutrition Matters*

## What is ONE?

ONE is a website where you will get the helpful information WIC has shared for you and your family.



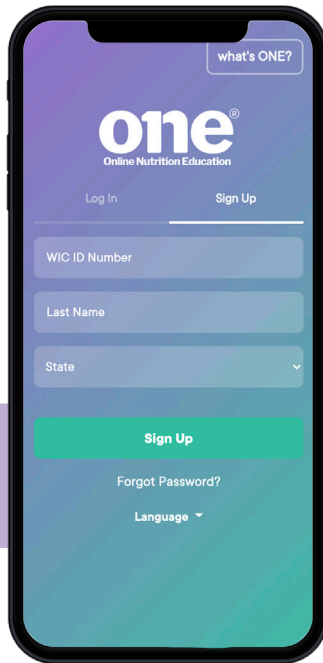
You can open ONE  
**anytime, anywhere**  
to use the helpful tips  
and easy ideas from WIC!

# let's get started!

**Step 1:** Go to [www.nutrition-one.com](http://www.nutrition-one.com) to sign up for your ONE account. Use your WIC ID number:

\_\_\_\_\_ ,  
last name and state.  
Tap Sign Up.

*ONE keeps your information safe and secure.*

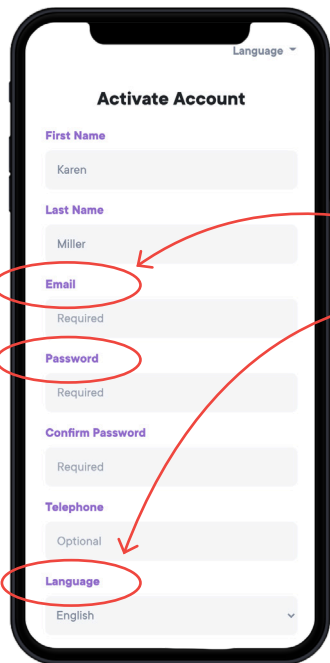


**Step 2:** Make sure your **first and last name** are correct. Enter an **email address** and create a **password**.

Pick a **language** you prefer.

*If you choose to add your child's first name and age, ONE will share tips and ideas as your child grows!*

**Step 3:** Tap the **Activate** button.

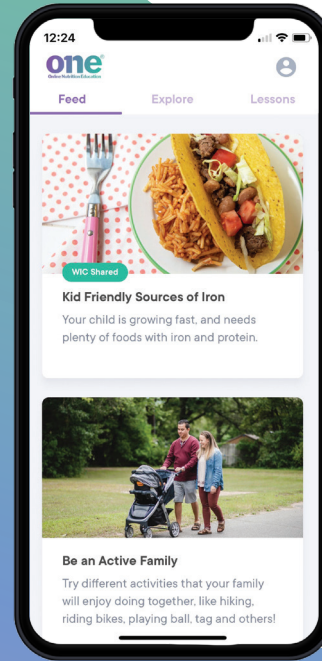


*You will use your email address and password to log in.*

## Feed

When you open ONE, you will see a **Feed**. Click on a post to open the article or recipe.

The topics that WIC shared especially for you will be at the top of your Feed.

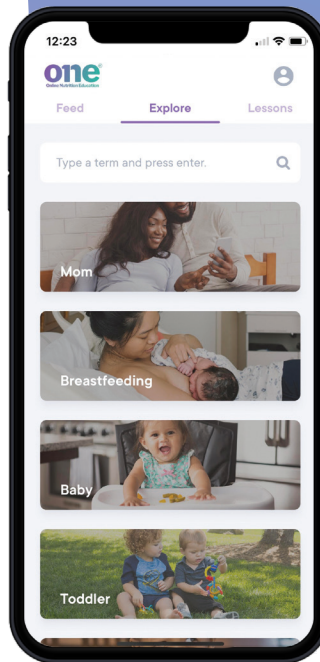


## Explore

Tap on **Explore** to check out all of the articles and recipes ONE has for you.

**Articles:** ONE's short, practical tips will help you and your family start healthy habits, eat well and get new meal and snack ideas. ONE has reliable information you can trust.

**Recipes:** Search through ONE's family-friendly recipes. You can even search for recipes that use your WIC foods!

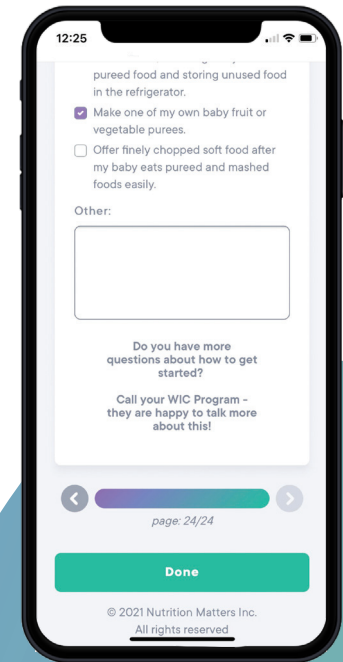
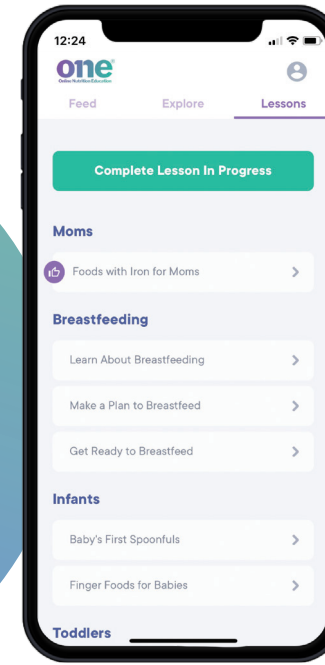


## Lessons

Use ONE to complete online **Lessons** for WIC, or to learn useful tips on common parenting questions.

**Some of the topics ONE has for you:**

- breastfeeding,
- how to start feeding foods to your baby,
- weaning from bottles,
- healthy snacks for kids,
- veggies for kids,
- meal planning
- **and more!**

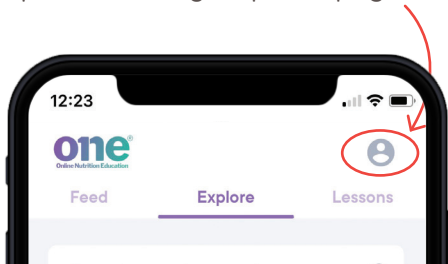


When you complete an online lesson, **ONE** will let your WIC program know for you.

# edit your profile

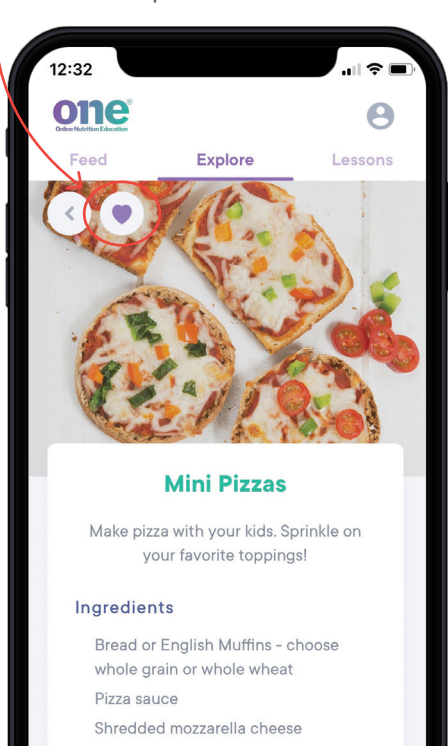
## Personalize

Tap on the **profile icon** to pick a language, edit your contact information, update your family members, or change your password. Your list of favorites and lessons completed are on your profile page.



## Favorites

Create your list of favorite articles and recipes by tapping on the **heart** at the top corner.



ONE is not an app,  
so you don't have  
to download anything!  
**ONE works on your cell  
phone, tablet or computer.**

## Save an icon shortcut to your phone's home screen!

### Android:

1. Select the menu button



2. Click "Add Page to"



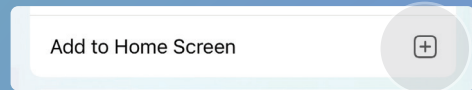
3. Press "Home Screen"

### iPhone: (Safari)

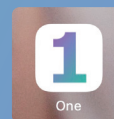
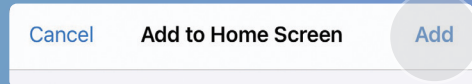
1. Press the share button



2. Select "Add to Home Screen"



3. Press the "Add" button



Once you start your ONE  
account, you will be able to  
open ONE with a tap of a button.



**Questions?**  
email us at  
[help@nutrition-one.com](mailto:help@nutrition-one.com)