

Do your nutrition education ON THE INTERNET

It's easy! You can use any computer, tablet or smart phone

It's fun! There are lots of great recipes and tips on preparing healthy foods

It's convenient! You can do it any time and anywhere you have Internet access

WIC parents that have used it really enjoy it!



Access lesson certificates
by visiting your dashboard



Save your favorite links so
you can revisit them any time



Share your favorites on
Facebook and via email

What WIC clients are saying:

Awesome website!!! Lots of great information and links!

I think the website is great, looks wonderful and is very easy to follow. I love having a person talking right there.

This is a great idea! Especially for us working parents that 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. Sign up and complete your profile.
3. Click "Start a new lesson" on your dashboard.
4. Choose a lesson from one of the 5 categories.
5. Complete the lesson.
6. Fill out the survey.
7. Print or email your certification of completion.

This will count as your nutrition education

This is an equal opportunity provider and employer

Lessons Available

New & Expecting Moms

- A Recipe for a Healthy Pregnancy
- Food Safety for Moms-to-Be
- Understanding Your Baby's Sleep
- Understanding Your Baby's Cues
- Preparing for a Healthy Pregnancy
- Get into Shape After Your Baby Arrives
- Protect Your Family from Lead with Healthy Foods

Healthy Families

- Choose MyPlate to Build a Healthier Family
- Eat Well - Spend Less
- Make Meals and Snacks Simple
- Farm to Family: Keeping Food Safe
- Healthy Whole Grains
- Make Mealtime a Family Time
- Making Healthy Meals
- Meatless Meals for Busy Families
- Choose Iron Rich Foods
- Keep Your Family Safe from E. Coli
- Be Healthy with Fruits and Veggies
- Protect Your Family from Lead with Healthy Foods

Children Ages 1-5

- Build Strong Kids with Dairy Foods
- Fruits and Veggies Grow Healthy Kids
- Fun and Healthy Drinks for Kids
- Happy, Healthy, Active Children
- Help Your Child Make Good Eating Choices
- Make Meals & Snacks Simple
- Secrets for Feeding Picky Eaters
- Trust Your Child to Eat Enough
- Two Minutes Twice a Day for a Healthy Smile
- Protect Your Family from Lead with Healthy Foods
- Offer Your Baby the Right Foods as He Grows

Infants

- Baby's First Cup
- Breastfeeding: Building a Bond for a Lifetime
- Shining Some Light on Vitamin D
- Starting Your Infant On Solid Foods
- Understanding Your Baby's Cues
- Understanding your Baby's Sleep
- Two Minutes Twice a Day for a Healthy Smile
- Protect Your Family from Lead with Healthy Foods
- Offer Your Baby the Right Foods as He Grows

Breastfeeding

- Breastfeeding: Building a Bond for a Lifetime



Share what you find!

+ *Most lessons available in Spanish*

