



**Do your  
nutrition  
education online**



**wichealth.org**

- Visit [wichealth.org](http://wichealth.org)**
- Create an account with your:**

---

Local agency name

---

Clinic name

---

Family ID

- Set up your profile.**
- Click "Start Lesson" on your dashboard.**
- Choose a lesson and complete it.**
- Fill out the survey and click "Submit".**
- A certificate of completion is emailed to your local agency automatically.**

**It's easy!**



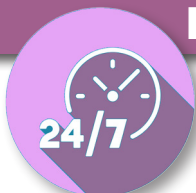
**Use any computer, tablet,  
or smart phone!**

**It's fun!**



**Access Healthy eKitchen  
for great recipes using WIC  
approved foods!**

**It's convenient!**



**Complete your lesson(s)  
anytime and anywhere you  
have Internet access!**

**Wichealth.org**  
**lessons count**  
**as your**  
**Nutrition**  
**Education**

**Complete your lesson(s) before:**

Date

**Your next food benefits start:**

Date

## **New and Expecting Parents**

- A Recipe for a Healthy Pregnancy**
- Food Safety for Moms-to-Be**
- Preparing for a Healthy Pregnancy**
- Get Into Shape After Your Baby Arrives**

## **Infants**

- Baby's First Cup**
- Starting Your Infant on Solid Foods**
- Offer Your Baby the Right Foods As He Grows**

## **Breastfeeding**

- Breastfeeding: Building a Bond for a Lifetime**

## **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 and Snacks Simple**
- Secrets for Feeding Picky Eaters**
- Trust Your Child to Eat Enough**

## **Healthy Families**

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

