

Do your nutrition education online



It's easy!

Use any computer, tablet, or smartphone. Wichealth.org lessons count as your nutrition education.



It's fun!

Access Health eKitchen for great recipes using WIC approved foods.



It's convenient!

Complete your lesson(s) anytime and anywhere you have Internet access. Just visit wichealth.org to create your family's account and complete a lesson. Your agency staff is notified automatically and are able to issue your food benefits.



"User friendly!"

"Lessons are clear and easy to follow."



"Smart!"

"Lots of great information and links."



"Time saving!"

"Great for parents who have 9-5 jobs."

Ask your nutritionist if online nutrition education is right for you.



Nutrition Education online at



Pregnancy and Baby's First 6 Months

Eat Well for a Healthy Pregnancy

Making healthy food choices and taking a prenatal vitamin for a healthy pregnancy.

Get Into Shape After Your Baby Arrives

Being active and eating healthy meals after childbirth.

Feeding Your Newborn

Breastfeeding benefits and tools for success.

Getting the Support You Need for Baby's First Weeks

Caring for yourself and your baby and how others can help.

In the Hospital – The First 48 Hours

Preparing for the birth of your baby.

Preparing to Meet Your Newborn

Understanding your baby's cues and bonding with your newborn.

Returning to Work or School

Helpful tips to prepare for being away from your baby.

Understanding Your Newborn: Sleep, Crying, and Cues

Learning how to know and respond your baby's needs.

Feeding Your 6- to 24-Month-Old

Baby's First Cup

When and how to introduce a cup to a baby.

Feeding Your 1-Year-Old

Help your 12 to 24-month-old develop healthy eating habits.

Feeding Your Infant Solid Foods

How and when to introduce solid foods to a baby.

Feeding Your 2- to 5-Year-Old

Help Your Child Develop Healthy Eating Habits

Encouraging your child to make healthy food choices.

Making Mealtime a Family Time

Discovering ways to make family mealtime more enjoyable.

Solving Picky Eating

Exploring how to best deal with a picky eater.

Choosing Healthy Foods

Be Healthy with Veggies and Fruits

Offering more fruits and vegetables in meals and snacks.

Build Strong Kids with Dairy Foods

Tips for including low-fat dairy foods in family meals.

Fun and Healthy Drinks for Kids

Offering healthy drink choices to children.

Go for Whole Grains

Tips for adding whole grains to your family's meals.

Meatless Meals for Busy Families

Offering meatless meal and snack options.

Time to Eat! What's on Your Plate?

Utilizing MyPlate to make healthy food choices.

Keeping Your Family Healthy

A Guide to Food Safety

Practicing food safety to avoid foodborne illness.

Happy, Healthy, Active Children

Learn ways to help your child be more active.

Two Minutes, Two Times a Day for a Healthy Smile

Keeping your child's teeth healthy.

Planning Simple Meals and Snacks

Cooking Made Easy

Improve cooking skills to prepare easy, healthy meals.

Make Meals and Snacks Simple

Offering healthy meals and snacks on a regular basis.

Mothers in Motion

Mothers in Motion Introduction and Overview

Understanding the goal of the Mothers in Motion series.

Better Ways to Handle Everyday Stress

Developing healthy responses to stress.

Effective Ways to Handle Negative Feelings

Being happier by handling negative feelings.

Effective Ways to Help with Parenting

Ideas to reduce stress with effective parenting tools.

Effective Ways to Reduce Junk Food

Reducing junk food intake.

Fun and Realistic Ways to Get More Exercise

Becoming more physically active.

Journey to Weight Loss

Eating healthier and being more physically active.

Plan Meals to Help Children Eat Healthier

Planning meals that include healthy foods.

Practical Ways to Cook Healthier

Eating healthier by cooking at home.

Time Saving Tips for Busy Moms

Creating more time for yourself and your family.

Useful Tips for Grocery Shopping – Part I

Saving time and money when shopping.

Useful Tips for Grocery Shopping – Part II

Choosing healthier food and saving money when shopping.

