



**Do your
nutrition education
online**



Local agency name

Clinic name

Family ID

- Visit wichealth.org
- 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!



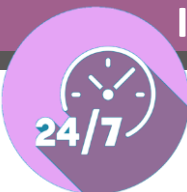
**Use any computer,
tablet, or smart phone.**

It's fun!



**Access Health eKitchen for
great recipes using WIC
approved foods.**

It's convenient!



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

Date

Date

Pregnancy and Baby's First 6 Months

- Eat Well for a Healthy Pregnancy
- Feeding Your Newborn
- Get Into Shape After Your Baby Arrives
- Getting the Support You Need for Baby's First Weeks
- In the Hospital - The First 48 Hours
- Preparing to Meet Your Newborn
- Returning to Work or School
- Understanding Your Newborn: Sleep, Crying, and Cues

Feeding Your 6- to 24-Month Old

- Baby's First Cup
- Feeding Your 1-Year-Old
- Feeding Your Infant Solid Foods

Feeding Your 2- to 5-Year-Old

- Help Your Child Develop Healthy Eating Habits
- Making Mealtime a Family Time
- Solving Picky Eating

Choosing Healthy Foods

- Be Healthy with Veggies and Fruits
- Build Strong Kids with Dairy Foods
- Fun and Healthy Drinks for Kids
- Go for Whole Grains
- Meatless Meals for Busy Families
- Time to Eat! What's on Your Plate?

Keeping Your Family Healthy

- A Guide to Food Safety
- Happy, Healthy, Active Children
- Two Minutes, Two Times a Day for a Healthy Smile

Planning Simple Meals and Snacks

- Cooking Made Easy
- Make Meals and Snacks Simple

Mothers in Motion

- Mothers in Motion Introduction and Overview
- Better Ways to Handle Everyday Stress
- Effective Ways to Handle Negative Feelings
- Effective Ways to Help with Parenting
- Effective Ways to Reduce Junk Food
- Fun and Realistic Ways to Get More Exercise
- Journey to Weight Loss
- Plan Meals to Help Children Eat Healthier
- Practical Ways to Cook Healthier
- Time Saving Tips for Busy Moms
- Useful Tips for Grocery Shopping - Part I
- Useful Tips for Grocery Shopping - Part II

