

Nutrition Education

ON^{the}GO

(Even during naptime)



Be confident about healthy choices



Peace of mind at mealtime



Healthy recipes your kids will love



Get the most of your WIC benefits

TO GET STARTED

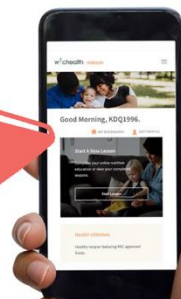
1. Visit **www.wichealth.org**
2. Is this your first time visiting wichealth.org? Click "Sign Up"



3. Enter Your Information
State: North Carolina
Agency:
Clinic:
WIC Family ID:
4. Complete Your Account

Username:
Password:

5. Click "Start Lesson"



Choose  **wichealth.org**



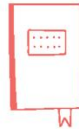
TAKE BACK YOUR TIME

You are busy. We get it! Complete your nutrition education at a time that is convenient for you from anywhere. And spend your time doing the things that matter most, like spending time with your family.



OPEN THE DOOR TO LEARNING

The lessons available on wichealth.org will count as your nutrition education, but it is so much more. [wichealth](http://wichealth.org) includes nutrition advice, tools, and tips for your family written by nutrition experts. With [wichealth](http://wichealth.org), learning is endless.



LESSONS INCLUDE:

- **Be Healthy with Veggies and Fruits**
- **Eat Well for a Healthy Pregnancy**
- **Feeding Your Infant Solid Foods**
- **Help Your Child Develop Healthy Eating Habits**
- **Make Meals and Snacks Simple**
- **Understanding Your Newborn: Sleep, Crying, and Cues**

For more information:
help@wichealth.org

Choose  wichealth.org

 NORTH CAROLINA

