

Do your nutrition education
ONLINE

Follow these easy steps:

1. Go to wichealth.org.
2. Create an account and set up your profile using your full name and WIC Family ID number.
3. Choose a lesson from one of 5 categories.
4. Complete the lesson.
5. Fill out the survey.
6. Print or email your certificate of completion.
7. Call our office to set up a check pickup appointment (435) 792-6451.



Access previously completed lessons by clicking on the "My Profile" link!



Save your favorite links so you can go back and view them at any time!



Share your comments about links with other moms.



Share wichealth.org resources with your social networks.

Lessons Available

*Lessons available vary by state

Pregnant Women

Food Safety for Moms-to-Be
A Recipe for a Healthy Pregnancy
Understanding Your Baby's Sleep

Infants

Starting to Feed Your Infant Solids
Baby's First Cup
Breastfeeding: Building a Bond for a Lifetime
Understanding Your Baby's Cues
Shining Some Light on Vitamin D

Children Ages 1-5

Make Meals and Snacks Simple
Secrets for Feeding Picky Eaters
Help Your Child Make Good Eating Choices
Trust Your Child to Eat Enough
Happy, Healthy, Active Children
Build Strong Kids with Dairy Foods
Fun and Healthy Drinks for Kids
Fruits and Veggies Grow Healthy Kids

Family

Eat Well, Spend Less
Make Mealtime a Family Time
Choose MyPlate to Build a Healthier Family
Healthy Whole Grains
Shopping with Your WIC Food Benefits
Meatless Meals for Busy Families
Farm to Family: Keeping Food Safe
Making Healthy Meals

Parents

Be Healthy with Fruits and Veggies
Be Healthy as Your Baby Grows
Preparing for a Healthy Pregnancy
Keep Your Family Safe From *E.Coli*
Choose Iron Rich Foods

All lessons available in Spanish

ID:

Email:

Contact: