

Do your nutrition education  
**ONLINE**

**Follow these easy steps:**

- 1 Go to wichealth.org.
- 2 Create an account and set up your profile.
- 3 Choose a lesson from one of five categories.
- 4 Complete the lesson.
- 5 Fill out the survey.
- 6 Print or email your certification of completion.



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



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



Share your comments about links with other moms.

# Lessons Currently Available

## Pregnant Women

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

## Infants

Starting Your Infant on Solid Foods  
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 & 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  
Meatless Meals for Busy Families  
Farm to Family: Keeping Food Safe  
Making Healthy Meals

## Parents

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

**Missouri Department of Health and  
Senior Services**  
**WIC and Nutrition Services**  
573-751-6204



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