

Do your nutrition education

# ON THE INTERNET

wichealth.org

**It's easy!** You don't have to be a computer whiz to use this program.

**It's fun!** There are lots of good recipes and tips on preparing healthy foods.

**It's convenient!** You can do it at any time, and anywhere you have Internet access.

**WIC participants that have used it really enjoy it!**



Here is what WIC participants are saying:

*Awesome website!! Lots of great information and links.*

*I think the website is great, looks wonderful and very easy to follow. I love having a person talking right there.*

*This is a great idea! Especially for us working parents that also have a 9-5 job. It is hard to take a personal or sick day. We like to use those for our sick children not for appointments.*

## Follow these simple instructions to get started:

- 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.

**Lessons count as your nutrition education.**

See list of lessons on back.



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

**ID:**

**Email:**

**Contact:**

## 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

All lessons available in Spanish.



Missouri Department of Health and Senior Services  
**WIC and Nutrition Services**

P.O. Box 570  
Jefferson City, MO 65102-0570

573-751-6204

[health.mo.gov/wic](http://health.mo.gov/wic)

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