

# 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

**Agency:**

**Clinic:**

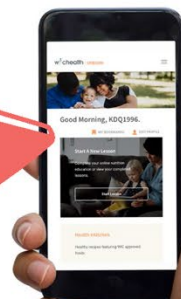
**WIC ID:**

4. Complete Your Account

**Username:**

**Password:**

5. Click "Start Lesson"



Choose  **wichealth.org**



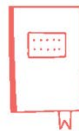
## TAKE BACK YOUR TIME

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](http://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:

- Offer Your Baby the Right Foods as He Grows
- Make Meals and Snacks Simple
- Two Minutes Twice a Day for a Healthy Smile
- Be Healthy with Veggies and Fruits
- Understanding Your Newborn: Sleep, Crying and Cues
- Saving Time with No Cook Meals

For more information:  
[help@wichealth.org](mailto:help@wichealth.org)

Choose  [wichealth.org](http://wichealth.org)