

Recommended Websites for Staff

Pregnancy, Postpartum, Women's Health

www.postpartum.net

Pregnancy and postpartum mental health information, and help for perinatal mood disorders, in English and Spanish, from nonprofit Postpartum Support International.

www.womenshealth.gov

Information on health topics for women, including fitness and nutrition, in English and Spanish from the national Office on Women's Health.

Breastfeeding

www.breastfeedingusa.org

Information and support on breastfeeding from Breastfeeding USA, a nonprofit national breastfeeding support organization.

www.LLLI.org

Breastfeeding information, online help, mother-to-mother forums, and links to local help in several languages from La Leche League International, a nonprofit breastfeeding support organization.

www.breastmilkcounts.com/our-new-campaign.html

Information on a variety of breastfeeding topics in English and Spanish from the Texas WIC Program.

www.kellymom.com

In-depth breastfeeding information for different stages from KellyMom. A .com site but it complies with the International Code of Marketing Breastmilk Substitutes.

Infants/Kids

www.healthychildren.org

Information on child health and safety at different ages and stages, in English and Spanish, from the American Academy of Pediatrics.

www.kidseatright.org

Information on eating and feeding for different ages and stages of children from the Academy of Nutrition and Dietetics.

www.ellynsatterinstitute.org

Information on child and family eating and feeding, based on Ellyn Satter's *Division of Responsibility in Feeding* model.

www.fns.usda.gov/core-nutrition/especially-moms

Tips and recipes in English and Spanish to help children try new foods and eat more whole grains, fruits and vegetables, and low-fat dairy products, from USDA.

www.first5california.com/parents/

Information on health, nutrition (including recipes), learning and activity for children under age five, with some information in Spanish, from First 5 California.

Recommended Websites for Staff (continued)

Healthy Eating

www.eatright.org

Short articles with information on food and nutrition for different ages and stages, healthy weight and physical activity, with some information in Spanish, from the Academy of Nutrition and Dietetics.

www.cachampionsforchange.cdph.ca.gov

Recipes, tips for using produce, tips for physical activity and for healthy community change in English and Spanish from the Network for a Healthy California.

www.choosemyplate.gov

Comprehensive information in English and Spanish on food groups, meal planning, healthy eating, physical activity and weight management from USDA.

www.eatfresh.org

Recipes, healthy lifestyle tips, “ask a dietitian” questions and answers, information on produce and other foods, all in English and Spanish, from CalFresh.

www.wichealth.org

Online education in English and Spanish for WIC participants, focusing on nutrition related behavior change, from a nonprofit group at Western Michigan University.

www.foodallergy.org

Information on food allergies, including basics and living with food allergies, from Food Allergy Research and Education, a non-profit organization.

<http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx>

WIC education materials and more, in English and Spanish, from the California State WIC office.

Food Safety

www.foodsafety.gov

Food safety instructions and tips, and information on food poisoning, in English and Spanish, from federal and state government agencies

Recommended Websites for Staff (continued)

General Health

www.nlm.nih.gov/medlineplus

Information on health topics, including quizzes and videos, in English and Spanish, from the National Institutes of Health.

www.healthfinder.gov

Information on a variety of health topics, in English and Spanish, selected from about 1,400 government and nonprofit organizations.

www.mayoclinic.org

Basic or in-depth information on health topics, based on the best available medical literature, from the Mayo Clinic.

www.cancer.org

Information about cancer prevention and treatment, including healthy eating and physical activity tips, in English, Spanish and several Asian/Pacific languages, from the American Cancer Society.

www.diabetes.org

Information about diabetes prevention and living with diabetes in English and Spanish, from the American Diabetes Association.

www.heart.org

Information on healthy eating, physical activity, weight management, stress management, and more with some information in Spanish, Chinese, and Vietnamese, from the American Heart Association.

www.letsmove.gov

Guidelines for healthy eating and physical activity for parents, kids, schools and communities, with some information in Spanish, from Michelle Obama's *Let's Move* initiative.

www.cdph.ca.gov

Information on a variety of public health topics, with some information in Spanish, from the California Department of Public Health.

Referrals

<http://211.org>

Free and confidential information and referrals. Help with food, housing, employment, health care, counseling, more.



California Department of Public Health, California WIC Program
This institution is an equal opportunity provider.

