

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 the 5 categories.
4. Complete the lesson.
5. Fill out the survey
6. Print or email your certificate of completion.

 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 with others.

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

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Lessons Available

Pregnant Women

Food Safety for Moms-to-Be
A Recipe for a Healthy Pregnancy

Family

Eat Well – Spend Less
Steps to a Healthier Family
Healthy Whole Grains
Meatless Meals for Busy Families

Parents

Be Healthy with Fruits and Veggies
Be Healthy as Your Baby Grows
Preparing for a Healthy Pregnancy

Children Ages 0-1

Starting to Feed Your Infant Solids
Baby’s First Cup
Support for Breastfeeding Moms

Children Ages 1-5

Make Meals and Snacks Simple
Secrets for Feeding Picky Eaters
Create Good Eating Habits in Your Child
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
Keep Your Family Safe from E.Coli

Agency:
Clinic:
ID:

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