



Do your nutrition education **online!**

Follow these steps:

1. Go to wichealth.org.
2. Create an account, using:

Agency: _____
Clinic: _____
Family ID: _____

3. Choose a lesson. (See list on back.)
4. Complete the lesson.
5. Fill out the survey.
6. Print or email your certificate of completion.

 View your completed lessons anytime.

 Share your comments with others.

 Save your favorite links.



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Lessons

Pregnant Women

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

Infants

Baby Behavior: Understanding Your Baby's Cues
Baby's First Cup
Breastfeeding: Building a Bond for a Lifetime
Starting Your Infant on Solid Foods

Children

Build Strong Kids with Dairy Foods
Fruits and Veggies Grow Healthy Kids
Fun and Healthy Drinks for Kids
Happy, Healthy, Active Children
Help Your Child Make Good Eating Choices
Make Meals and Snacks Simple
Secrets for Feeding Picky Eaters
Trust Your Child to Eat Enough
Two Minutes Twice a Day for a Healthy Smile

Family

Choose MyPlate to Build a Healthier Family
Eat Well – Spend Less
Farm to Family: Keeping Food Safe
Healthy Whole Grains
Make Mealtime a Family Time
Making Healthy Meals
Meatless Meals for Busy Families

Parents

Be Healthy as Your Baby Grows
Be Healthy with Fruits and Veggies
Keep Your Family Safe from E.Coli
Preparing for a Healthy Pregnancy

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