

**Do your nutrition education online, at your own convenience, any hour of the day or night. You can even use your mobile device! Follow these steps:**

1. Go to [www.wichealth.org](http://www.wichealth.org) or use the link from the WIC website [www.kansaswic.org](http://www.kansaswic.org) or the Shopper App.
2. If it is your first time visiting wichealth.org, select "Sign Up". Choose your preferred language.
3. Use the state dropdown to select Kansas, then select your agency and clinic. \_\_\_\_\_
4. Get your family's eWIC ID number from your clinic, and record it here: \_\_\_\_\_
5. Choose a username and password that is easy to remember. (passwords must be 6 – 14 characters)
6. It is helpful if you enter and confirm your email address, in case you forget your password. Click register. Set up your profile.
7. Complete a lesson from the list below – WIC staff may recommend a lesson for you to do.
8. When you have finished the lesson, complete the survey to receive your certificate.
9. Print or email your certificate of completion, by selecting your WIC clinic from the drop-down list.

**Lessons available in wichealth.org**

**I=infant, C=child, PG=pregnant, BF=breastfeeding, PP=postpartum, all=all categories**

**Healthy Families**

- A Guide to Food Safety – all categories
- Be Healthy With Veggies & Fruits – all
- Building Healthy Bodies With Iron Foods – all
- Choose MyPlate To Build A Healthier Family - all
- Go For Whole Grains! – C, Pg, BF, PP (no I)
- Help Your Child Develop Healthy Eating Habits – C, Pg, BF, PP (no I)
- Make Meals and Snacks Simple – all
- Making Mealtime a Family Time – all
- Making Healthy Meals – all
- Meatless Meals for Busy Families – all
- Protect Your Family From Lead With Healthy Foods – all
- Simple Ways to Include Seafood in Your Family Meals – C, Pg, BF, PP (no I)
- Vaccinate Your Family – all

**New and Expecting Parents**

- A Guide to Food Safety – all
- Eat Well for a Healthy Pregnancy – Pg
- Feeding Your Infant Solid Foods – I, BF, PP
- Feeding Your Newborn – I, Pg, BF, PP
- Get Into Shape After Your Baby Arrives – Pg, BF, PP
- Getting the Support You Need for Baby's First Weeks – I, Pg, BF, PP
- Give You and Your Baby a Lifetime of Healthy Teeth – I, Pg (no BF, PP,C)
- Help Your Baby Sleep Safe and Sound – I, Pg, BF, PP
- In the Hospital - The First 48 Hours – Pg
- Preparing to Meet Your Newborn – Pg
- Protect Your Family From Lead With Healthy Foods – all
- Returning to Work or School - Pg, BF, PP
- Understanding Your Newborn: Sleeping, Crying & Cues – I, Pg, BF, PP

**Infants**

- Baby's First Cup – I, BF, PP
- Feeding Your Infant Solid Foods – I, BF, PP
- Feeding Your Newborn – I, Pg, BF, PP
- Getting the Support You Need for Baby's First Weeks – I, Pg, BF, PP
- Give You and Your Baby a Lifetime of Healthy Teeth – I, Pg (no BF, PP,C)
- Help Your Baby Sleep Safe and Sound – I, Pg, BF, PP
- Protect Your Family From Lead With Healthy Foods – all
- Shining Some Light on Vitamin D – I, Pg, BF, PP (no C)
- Two Minutes, Two Times A Day For A Healthy Smile – I, C
- Understanding Your Newborn: Sleeping, Crying & Cues – I, Pg, BF,PP
- Vaccinate Your Family – all

**Children Ages 1 5**

- Build Strong Kids With Dairy Foods – C, Pg, BF, PP
- Be Healthy With Veggies & Fruits – all
- Building Healthy Bodies With Iron Foods - all
- Feeding Your 1-Year Old – all
- Fun And Healthy Drinks For Kids – C, Pg, BF, PP
- Happy, Healthy, Active Children – all
- Go For Whole Grains! – C, Pg, BF, PP (no I)
- Help Your Child Develop Healthy Eating Habits – C, Pg, BF,PP
- Make Meals and Snacks Simple – all
- Protect Your Family From Lead With Healthy Foods – all
- Solving Picky Eating – C, Pg, BF, PP (no I)
- Two Minutes, Two Times A Day For A Healthy Smile – I, C
- Vaccinate Your Family – all

**Mothers in Motion**

- Better Ways to Handle Everyday Stress – Pg, BF, PP
- Effective Ways to Handle Negative Feelings – Pg, BF, PP
- Effective Ways to Help With Parenting – Pg, BF, PP
- Effective Ways to Reduce Junk Food – Pg, BF, PP
- Fun & Realistic Ways to Get More Exercise – Pg, BF, PP
- Journey to Weight Loss – BF, PP (no Pg)
- Plan Meals to Help Children Eat Healthier – C, Pg, BF,PP
- Practical Ways to Cook Healthier – Pg, BF, PP
- Time Saving Tips for Busy Moms – Pg, BF, PP
- Useful Tips for Grocery Shopping Part 1 – Pg, BF, PP
- Useful Tips for Grocery Shopping Part 2 – Pg, BF, PP

**Meal Planning**

- Finding Recipes That Work – C, Pg, BF, PP
- Making A Meal Plan - C, Pg, BF, PP
- Maximizing Food Dollars – C, Pg, BF, PP
- Recipes Made Easy – C, Pg, BF, PP
- Saving Time with No Cook Recipes – C, Pg, BF,PP
- Using Substitutions In Healthy Meals – Pg, BF, PP

This institution is an equal opportunity provider.

