The list of digital nutrition education materials is organized to coincide with KWIC topics. The intent of organizing the materials in this manner is to make it easier for local agency staff to quickly find materials that they would like to share during client interactions.

Referral resources are also included throughout the list so staff can quickly locate resources.

While we hope to organize this material on the Nutrition Education Materials webpage, this may not be possible. In which case, this PDF will remain available on the webpage.

To access a wichealth To-Go material listed below,
1) login to your wichealth staff account on your default browser,
2) leave your default browser open,
3) click on the wichealth To-Go material, and
4) a browser window will open where you can download the material to print or send to a client.

An overview of wichealth To-Go materials is available on the wichealth staff support site. Learn how to request a wichealth staff account.

Report any broken links to the State nutrition education specialist.

Added Sugar

→ FDA Interactive Nutrition Facts Label Sugars [Spanish] (PDF at bottom of tool)
→ MyPlate.gov Added Sugars [webpage]
→ ODPHP Added Sugars [PDF] (Spanish)

Baby Behavior

→ CDC Infant Hunger or Fullness Signs [webpage] (Spanish)
→ wichealth To-Go Baby Communication [PDF] (Spanish)
→ wichealth To-Go Baby Communication [text image] (Spanish)
→ wichealth To-Go Help Newborn Sleep [PDF] (Spanish)
→ wichealth To-Go Help Newborn Sleep [text image] (Spanish)
→ wichealth To-Go Hungry or Full? Infant [PDF] (Spanish)
→ wichealth To-Go Hungry or Full? Infant [text image] (Spanish)
→ wichealth To-Go Sleepy Signs [PDF] (Spanish)
→ wichealth To-Go Sleepy Signs [text image] (Spanish)
→ wichealth To-Go Why Babies Cry [PDF] (Spanish)
→ wichealth To-Go Why Babies Cry [text image] (Spanish)
Boosting Calories

→ [Boosting Calories (Spanish)](link) [content and design will be revised at a later date]

Bottle Feeding

→ [HealthyChildren Responsive Feeding (webpage with video) (Spanish)](link)

Bottle Weaning/Cup Use

→ [HealthyChildren From Bottle to Cup (webpage) (Spanish)](link)
→ [wichealth To-Go When to Start a Cup (PDF) (Spanish)](link)
→ [wichealth To-Go When to Start a Cup (text image) (Spanish)](link)

Breast Milk Sharing

→ [Breast Milk Sharing (PDF) (unavailable in Spanish)](link)

Breast Pump Use and Milk Storage

→ [CDC How to Keep Your Breast Pump Clean (webpage) (Spanish)](link) [PDF available to top of webpage]
→ [Helpful Hints for Using a Breast Pump (PDF) (unavailable in Spanish currently)](link)
→ [Storage and Preparation of Breast Milk (webpage) (Eng & Spa PDFs available on webpage)](link)
→ [wichealth To-Go Human Milk Safety (PDF) (Spanish)](link)
→ [wichealth To-Go Human Milk Safety (text image) (Spanish)](link)
→ [wichealth To-Go Pumping at Work (PDF) (Spanish)](link)
→ [wichealth To-Go Pumping at Work (text image) (Spanish)](link)

Breastfeeding

→ [During the Early Months (PDF) (Spanish)](link)
→ [Global Health Media Breastfeeding (videos) (available in multiple languages)](link)
→ [KBC Breastfeeding Rights (poster)](link)
→ [KBC Breastfeeding Rights (webpage)](link)
→ [KellyMom (webpage)](link)
→ [LER Congratulations! (PDF) (Spanish)](link)
→ [LER Survival Guide for the First 2 Weeks (PDF) (Spanish)](link)
→ [Stanford Medicine Breastfeeding (videos)](link)
→ [USDA Breastfeeding Basics for Dads (PDF) (Spanish)](link)
→ [USDA Breastfeeding Basics for Grandmas (PDF) (Spanish)](link)
→ [USDA Breastfeeding Basics for Moms (PDF) (Spanish)](link)
→ [USDA Tips for Breastfeeding Moms (PDF) (Spanish)](link)
→ [USDA Your Breastfeeding Journey (PDF) (Spanish)](link)
→ [USDA WIC Breastfeeding Support (webpage)](link)
→ [USDA WIC Breastfeeding Support Staff Resources (webpage)](link)
→ [wichealth To-Go Get Started Breast or Chestfeeding (PDF) (Spanish)](link)
→ [wichealth To-Go Get Started Breast or Chestfeeding (text image) (Spanish)](link)
Breastfeeding Benefits

- 1,000 Days Breastfeeding Benefits [video] (unavailable in Spanish)
- Benefits of Breastfeeding [PDF] (unavailable in Spanish currently)

Breastfeeding Challenges

- Breastfeeding & Biting [PDF] (unavailable in Spanish currently)
- Breastfeeding Your Twins [PDF] [Spanish]
- Difficult Latch on During Breastfeeding [PDF] [Spanish]
- Engorgement During Breastfeeding [PDF] [Spanish]
- Nipple Shields [PDF] [Spanish]
- Sore Nipples During Breastfeeding [PDF] [Spanish]
- Yeast Infection During Breastfeeding [PDF] [Spanish]

Breastfeeding Positions and Latch

- wichealth To-Go Latching [PDF] [Spanish]
- wichealth To-Go Latching [text image] [Spanish]

Breastfeeding Support

- Referral (document on referrals screen)
  - KBC Local Resources & Hotlines [webpage]
  - USDA How BFPCs Help [PDF] [Spanish]
  - USDA Meet Your WIC BFPC [PDF] [Spanish]
  - USDA WIC Breastfeeding Support [PDF] [Spanish]
  - wichealth To-Go How Family Can Help with Feeding [PDF] [Spanish]
  - wichealth To-Go How Family Can Help with Feeding [text image] [Spanish]
  - wichealth To-Go Support Team [PDF] [Spanish]
  - wichealth To-Go Support Team [text image] [Spanish]
  - wichealth To-Go Sleep for Caregivers [PDF] [Spanish]
  - wichealth To-Go Sleep for Caregivers [text image] [Spanish]

Child Behavior

- EatRight Autism and Nutrition [webpage]
- Referral (document on referrals screen)
  - KDADS Autism Waiver Program [webpage]
  - USDA Behavioral Milestones [PDF]

Childcare

- Referrals (document on referrals screen)
  - ChildCare Aware of Kansas (find childcare)
  - Kansas Childcare Subsidy [webpage]
Dairy/Non-Dairy Alternatives

→ DGA Food Sources of Calcium [webpage]
→ Evaporated Milk [PDF] (Spanish) [content and design will be updated at a later date]
→ HER Dairy vs Plant Milk [PDF] [unavailable in Spanish]
→ MyPlate.gov Dairy [webpage]
→ MyPlate.gov Dairy Recipes [webpage]
→ MyPlate.gov Dry Milk Recipes [webpage]
→ MyPlate.gov Evaporated Milk Recipes [webpage]
→ Nonfat Dry Milk [PDF] (Spanish) [content and design will be updated at a later date]
→ US Dairy Lactose Intolerance [other languages]
→ US Dairy Whole to Lowfat [PDF] [other languages]
→ US Dairy Whole to Lowfat [video] [captions] (Spanish) (Spanish with captions)
→ wichealth To-Go Dairy Choices [PDF] (Spanish)
→ wichealth To-Go Dairy Choices [text image] (Spanish)
→ wichealth To-Go How Much Dairy? [PDF] (Spanish)
→ wichealth To-Go How Much Dairy? [text image] (Spanish)

Dangers of alcohol, tobacco, and other drugs

→ CDC E-Cigarettes [PDF] (Spanish)
→ CDC E-Cigarettes [webpage]
→ CDC Secondhand Smoke [webpage] (Spanish)
→ EPA Secondhand Smoke Eng/Spa [PDF]
• Referrals [document on referrals screen]
  → Asian Tobacco Quitline (Services are available in Cantonese, Mandarin, Korean, and Vietnamese.)
  → FindTreatment.gov [for mental and substance abuse]
  → Kansas Tobacco Quitline [Coaches speak English, Spanish, and Arabic. Interpreters available for free.]
  → Kansas Tobacco Quitline Printed Materials Order Form [FREE]
→ SmokeFreeEspañol [Website]
→ SmokeFreeWomen [Website]

Dental Health

→ 2min2x Brushing Game for 4yo [phone app] (Spanish)
→ AAP Why Children Need Fluoride [PDF] (Spanish)
→ AAP Common Questions About Fluoride [PDF] (Spanish)
→ AAP Oral Health Campaign Toolkit [download] (Spanish) [Arabic] [Cambodian] [French] [Korean] [Russian] [Taiwanese]
→ AAP Oral Health Pregnancy [video] (Spanish)
→ ADA Nutrition and Oral Health [webpage]
→ ADA When to Take Baby to Dentist [video] [unavailable in Spanish]
→ HHS Dental Care with Special Needs [PDF] (Spanish)
→ HHS Dental Habits All Children [PDF] (Amharic) (Arabic) (Armenian) (Burmese) (Chinese) (Farsi) (French) (German) (Greek) (Haitian Creole) (Hmong) (Italian) (Khmer) (Korean) (Lingala) (Marshallese) (Polish) (Portuguese) (Russian) (Somali) (Spanish) (Tagalog) (Vietnamese)
→ HHS Dental Habits Under 3 [PDF] (Amharic) (Arabic) (Armenian) (Burmese) (Chinese) (Farsi) (French) (German) (Greek) (Haitian Creole) (Hmong) (Italian) (Khmer) (Korean) (Lingala) (Marshallese) (Polish) (Portuguese) (Russian) (Somali) (Spanish) (Tagalog) (Vietnamese)
→ HHS Dentist While Pregnant [PDF] (Amharic) (Arabic) (Armenian) (Burmese) (Chinese) (Farsi) (French) (German) (Greek) (Haitian Creole) (Hmong) (Italian) (Khmer) (Korean) (Lingala) (Marshallese) (Polish) (Portuguese) (Russian) (Somali) (Spanish) (Tagalog) (Vietnamese)
→ HHS Oral Health Promotional Tools [webpage] [including social media content]
→ Oral Health Kansas Print Materials Available for FREE to WIC agencies (To order, email Kathy Hunt.)
→ Oral Health Kansas [webpage]
• Referral (document on referrals screen)
  → Oral Health Kansas Find a Dentist [webpage]
→ wichealth To-Go Baby's Teeth & Gums [PDF] (Spanish)
→ wichealth To-Go Baby's Teeth & Gums [text image] (Spanish)
→ wichealth To-Go Dental Health During Pregnancy [PDF] (Spanish)
→ wichealth To-Go Dental Health During Pregnancy [text image] (Spanish)
→ wichealth To-Go Nutrition for a Healthy Mouth [PDF] (Spanish)
→ wichealth To-Go Nutrition for a Healthy Mouth [text image] (Spanish)
→ wichealth To-Go When to Brush [PDF] (Spanish)
→ wichealth To-Go When to Brush [text image] (Spanish)

Department for Children and Families

• Referrals (document on referrals screen)
  → DCF Online Application [webpage] If referring for a service that you have already documented (e.g., SNAP), you do not need to document again.
  → DCF Self-Assessment Tool [webpage]

Developmental Milestones

→ CDC Milestones 2 Months [PDF] (Spanish)
→ CDC Milestones 4 Months [PDF] (Spanish)
→ CDC Milestones 6 Months [PDF] (Spanish)
→ CDC Milestones 9 Months [PDF] (Spanish)
→ CDC Milestones 1 Year [PDF] (Spanish)
→ CDC Milestones 15 Months [PDF] (Spanish)
→ CDC Milestones 18 Months [PDF] (Spanish)
→ CDC Milestones 2 Years [PDF] (Spanish)
→ CDC Milestones 2.5 Years [PDF] (Spanish)
Diabetes

→ ADA Diabetes and Pregnancy (webpage)
→ FDA Interactive Nutrition Facts Label Carb (Spanish) (PDF at bottom of tool)
  • Referral (document on referrals screen)
    → AND Find a Nutrition Expert (webpage)

Digestive Discomforts

→ HealthyChildren How Can I Tell If My Baby is Constipated? (Spanish)
→ HealthyChildren Why Babies Spit Up (Spanish)
→ OASH Pregnancy Body Changes and Discomforts (webpage)

Division of Responsibility

→ USDA Phrases that Help and Hinder (PDF) [unavailable in Spanish]
→ wichealth To-Go Build Healthy Habits (PDF) (Spanish)
Exit Counseling

→ Healthy Living Beyond WIC 1-pg [Spanish]
→ Healthy Living Beyond WIC 2-pg [Spanish]

Fiber

→ DGA Food Sources of Dietary Fiber [webpage]
→ FDA Interactive Nutrition Facts Label Fiber [Spanish] [PDF at bottom of tool]

Food Allergies

→ FARE Baby’s First [webpage]
→ FARE Food Allergy Emergency Plan [webpage] [Eng & Spa PDFs at bottom of webpage]
→ FARE How to Read Food Labels [webpage with video] [Eng & Spa PDFs at bottom of webpage]
→ FARE How a Child Might Describe a Reaction [webpage] [Eng & Spa PDFs at bottom of webpage]
→ FARE [website]
• Referral [document on referrals screen]
  → AND Find a Nutrition Expert [webpage]

Food Safety/Choking Hazards

→ CDC Food Safety [social media graphics]
→ CDC Food Safety [videos]
→ CDC Protect Your Baby from Cronobacter [PDF] [Spanish]
→ Cooking Matters® Child Food Safety [webpage]
→ FDA Advice About Fish [webpage] [PDFs at bottom of webpage in Spanish, Arabic, Simplified Chinese, Traditional Chinese, French, Hmong, Khmer, Korean, Portuguese, Tagalog, Vietnamese]
→ FDA Food Safety for Moms to Be [webpage] [Spanish]
→ Fight BAC!® Food Safety Babies & Toddlers [PDF] [unavailable in Spanish]
• Referrals [document on referrals screen]
  → InfantCPR.com [online courses]
  → Red Cross Child & Baby First Aid/CPR/AED [online course]
→ USDA Reduce Risk of Choking [PDF] [Spanish]
→ wichealth To-Go Pregnancy Food Safety [PDF] [Spanish]
→ wichealth To-Go Pregnancy Food Safety [image] [Spanish]
→ wichealth Safe Food Storage [PDF] [Spanish]
→ wichealth Safe Food Storage [text image] [Spanish]
→ wichealth Washing Well [PDF] [Spanish]
→ wichealth Washing Well [text image] [Spanish]
Formula Preparation

→ CDC Prepare and Store Powdered Infant Formula [PDF] (Spanish)

Fruits and Vegetables

→ EatRight.org Explore Produce with Kids [webpage]
→ HealthyChildren.org Get Your Child to Fruit & Veggies [webpage] (Spanish)
→ MyPlate.gov Fruits [webpage]
→ MyPlate.gov Fruit and Vegetable Recipes [webpage]
→ MyPlate.gov Vegetables [webpage]
→ wichealth To-Go Rainbow of Veggies [PDF] (Spanish)
→ wichealth To-Go Rainbow of Veggies [text image] (Spanish)
→ wichealth To-Go How Much? Veggies and Fruits [PDF] (Spanish)
→ wichealth To-Go How Much? Veggies and Fruits [text image] (Spanish)

Grains

→ MyPlate.gov Grains
→ Whole Grains Council Recipes [webpage]
→ wichealth To-Go How Much Grain? [PDF] (Spanish)
→ wichealth To-Go How Much Grain? [text image] (Spanish)
→ wichealth To-Go Whole Grain Meals & Snacks [PDF] (Spanish)
→ wichealth To-Go Whole Grain Meals & Snacks [text image] (Spanish)

Head Start

• Referral [document on referrals screen]
  → Kansas Head Start Locations [webpage]

Healthy Drinks

→ Healthy Drinks. Healthy Kids. [PDF] (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] 100% Juice (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] Low-Calorie Sweetened Drinks (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] Milk (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] Plant Milks (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] Sugar Sweetened Drinks/Fruit Drinks (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] Sugar Sweetened Drinks/Fruit Drinks (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] Toddler Milks (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [PDF] Water (Spanish) [Tagalog]
→ Healthy Drinks. Healthy Kids. [video] [visually impaired] (Spanish) [Spanish, visually impaired]
→ Healthy Drinks. Healthy Kids. [video] 5 Tips [visually impaired] (Spanish) [Spanish, visually impaired]
→ Healthy Drinks. Healthy Kids. [video] First Year [visually impaired] (Spanish) [Spanish, visually impaired]
Healthy Snacks

→ MyPlate.gov Healthy Snacking [webpage]

Healthy Growth/Weight Gain

→ Help Your Child Gain Weight [Spanish] (content and design will be revised at a later date)
→ EatRight.org Healthy Weight Gain in Adults [webpage]
→ EatRight.org How Sleep Affects Weight [webpage]
→ EatRight.org Weight Gain Tips for Kid [webpage]

Heart Healthy Diet

→ FDA Interactive Nutrition Facts Label Sodium [Spanish] (PDF at bottom of tool)
→ ODPHP Cut Down on Sodium [PDF] [Spanish]
→ ODPHP Cut Down on Saturated Fat [PDF] [Spanish]

Homemade Baby Food

→ Kansas WIC Homemade Baby Food [PDF] [Spanish] (will update design and content soon)

Home Visiting

- Referral [document on referrals screen]
  → Kansas Home Visiting Resources (search by county at bottom)

Immunizations

→ CDC Pregnancy & Whooping Cough [PDF] [Spanish]
→ CDC Vaccination Schedule Birth–Age 6 [webpage] (Spanish) (PDF at top of page)
→ CDC Vaccines During & After Pregnancy [webpage] (Spanish)
→ HHS Vaccination Promotional [toolkit]
  • **Referrals** [document on referrals screen]
    → Immunize Kansas Coalition
    → VaccinateYourFamily.org
→ wichealth To-Go Vaccines Save Lives [PDF] (Spanish)
→ wichealth To-Go Vaccines Save Lives [text image] (Spanish)
→ wichealth To-Go Protect Yourself and Your Baby [PDF] (Spanish)
→ wichealth To-Go Protect Yourself and Your Baby [text image] (Spanish)

**Internet & Phone Access**

  • **Referrals** [document on referrals screen]
    → Affordable Connectivity Program Outreach [toolkit] (all WIC families qualify)
    → Affordable Connectivity Program [website] (all WIC families qualify)
    → Lifeline Low-cost Phone or Internet [website]

**Iron**

→ wichealth To-Go Iron [PDF] (Spanish)
→ wichealth To-Go Iron [text image] (Spanish)

**Lactose Intolerance**

→ FARE Milk Allergy Vs. Lactose Intolerance [video]
→ HealthyChildren Lactose Intolerance [webpage] (Spanish)
→ US Dairy Lactose Intolerance [PDF] (unavailable in Spanish)

**Lead Poisoning**

→ EPA Lead in Drinking Water [PDF] (Spanish)
→ HealthyChildren Lead Levels in Children (Spanish)
→ KDHE Lead Poisoning & Nutrition [PDF] (unavailable in Spanish)
→ KDHE Lead Poisoning Prevention Eng & Spa [PDF]
→ wichealth To-Go Food & Lead [PDF] (Spanish)
→ wichealth To-Go Food & Lead [text image] (Spanish)
→ wichealth To-Go Protect from Lead [PDF] (Spanish)
→ wichealth To-Go Protect from Lead [text image] (Spanish)

**Meal Planning & Preparation**

→ Cooking Matters [videos] (Spanish available)
→ FDA Interactive Nutrition Facts Label [Spanish] (PDFs at bottom of tool)
→ MyPlate.gov Healthy Eating on a Budget
→ MyPlate.gov Recipes [webpage]
→ USDA Kitchen Activities [PDF] (unavailable in Spanish)
→ wichealth To-Go 5-Day Menu [PDF] (Spanish)
Mealtime

→ wichealth To-Go Make Mealtime Family Time [PDF] [Spanish]
→ wichealth To-Go Make Mealtime Family Time [text image] [Spanish]
→ wichealth To-Go Relax & Enjoy Mealtime [PDF] [Spanish]
→ wichealth To-Go Relax & Enjoy Mealtime [text image] [Spanish]
→ wichealth To-Go Meal Time & Place [PDF] [Spanish]
→ wichealth To-Go Meal Time & Place [text image] [Spanish]

Mental Health

→ ACOG Baby Blues & Postpartum Depression [webpage]
→ HHS Mental Health Promotional Tools [webpage] [including social media tools]
- **OASH Pregnancy Loss** [webpage]
- **Referrals** [document on referrals screen]
  - [988 Suicide and Crisis Lifeline](website) [Counselors speak English and Spanish. Interpreters are available.]
  - [FindTreatment.gov](website) [for mental and substance abuse]
  - [National Maternal Mental Health Hotline](webpage) [Counselors speak English and Spanish. Interpreters are available.]
  - [wichealth To-Go Baby Blues & Postpartum Depression](PDF) [Spanish]
  - [wichealth To-Go Baby Blues & Postpartum Depression](text image) [Spanish]

**MyPlate**

- [MyPlate.gov](website)
- [MyPlate.gov Toddlers](webpage)
- [MyPlate.gov Pregnancy and Breastfeeding](webpage)
- [MyPlate.gov Preschoolers](webpage)
- [MyPlate Start Simple 2-page](PDF) [Spanish]
- [MyPlate Start Simple 4-page](PDF) [Spanish]
- [wichealth To-Go Feeding Your 1yo](PDF) [Spanish]
- [wichealth To-Go Feeding Your 1yo](text image) [Spanish]
- [wichealth To-Go Pregnancy Food Groups](PDF) [Spanish]
- [wichealth To-Go Pregnancy Food Groups](text image) [Spanish]

**Physical Activity**

- [HealthyChildren Screen Time](webpage) [Spanish]
- [Move Your Way Activity Planner](interactive tool) [Spanish]
- [Move Your Way Pregnancy](PDF) [Spanish]
- [Move Your Way Pregnancy](video) [Spanish] [visually impaired] [visually impaired, Spanish]
- [Move Your Way Postpartum](PDF) [Spanish]
- [Move Your Way Postpartum](video) [Spanish] [visually impaired] [visually impaired, Spanish]
- [Sesame Street Movement for Healthy Bodies](PDF) [unavailable in Spanish]
- [Sesame Workshop Physical Activity](webpage) [includes Spanish resources]
- [wichealth To-Go Activities for Children](PDF) [Spanish]
- [wichealth To-Go Activities for Children](text image) [Spanish]
- [wichealth To-Go Happiness Being Active](PDF) [Spanish]
- [wichealth To-Go Happiness Being Active](text image) [Spanish]

**Newborn Resources**

- **Referrals** [document on referrals screen]
  - [Hearing Screening](resources at bottom and in Spanish also)
  - [Kansas Birth Certificates]
  - [Newborn Screening](webpage)
Peer Support for Families

- **Referral** (document on referrals screen)
  → [Supporting You Kansas](#) [website]

Picky eating

→ [USDA Tips for Picky Eaters](#) [PDF] [Spanish]
→ [wichealth To-Go Portion Sizes](#) [PDF] [Spanish]
→ [wichealth To-Go Portion Sizes](#) [text image] [Spanish]

Postpartum Care

→ [wichealth To-Go Feel Best After Baby Arrives](#) [PDF] [Spanish]
→ [wichealth To-Go Feel Best After Baby Arrives](#) [text image] [Spanish]

Prenatal Care

→ [1,000 Days Maternal Health (video) Eat the Rainbow](#) (unavailable in Spanish)
→ [1,000 Days Maternal Health (video) Nutrition](#) (unavailable in Spanish)
→ [1,000 Days Maternal Health (video) Prenatal Vitamin](#) (unavailable in Spanish)
→ [1,000 Days Maternal Health (video) Sugar, Fat, Sodium](#) (unavailable in Spanish)
→ [1,000 Days Maternal Health (video) Weight Management](#) (unavailable in Spanish)
→ [NCMHEP Full-Term Pregnancy](#) [webpage with video] [Spanish]
→ [NCMHEP Materials](#) (including PDFs, social media content, and publications to order for free; Spanish available)

- **Referral** (document on referrals screen)
  → [Becoming a Mom Program](#)

Protein

→ [MyPlate.gov Beans, Peas, and Lentils](#) [webpage]
→ [MyPlate.gov Cooked Beans](#) [basic recipe] [webpage] [Spanish]
→ [MyPlate.gov Protein Foods](#) [webpage]
→ [Seafood Nutrition Partnership Recipes](#) [videos]
→ [Seafood Nutrition Partnership Recipes](#) [webpage]
→ [US Dry Bean Council Recipes](#) [webpage]
→ [wichealth To-Go Get Kids to Love Seafood](#) [PDF] [Spanish]
→ [wichealth To-Go Get Kids to Love Seafood](#) [text image] [Spanish]
→ [wichealth To-Go How Much Protein?](#) [PDF] [Spanish]
→ [wichealth To-Go How Much Protein?](#) [text image] [Spanish]
→ [wichealth To-Go Protein Meals & Snacks](#) [PDF] [Spanish]
→ [wichealth To-Go Protein Meals & Snacks](#) [text image] [Spanish]
→ [wichealth To-Go Tips to Love Seafood](#) [PDF] [Spanish]
→ [wichealth To-Go Tips to Love Seafood](#) [text image] [Spanish]
Resource Directories

- **Referrals** [document on referrals screen]
  - [1-800-CHILDREN](#) [webpage]
  - [United Way 211](#) [webpage] (Clients can also dial 2-1-1)

**Safe Sleep**

- [Safe to Sleep Breastfeed to Reduce SIDS Risk](#) [PDF & videos] (Spanish)
- [Safe to Sleep](#) [interactive tool]
- [Safe to Sleep](#) [publications] (free to order)
- [Safe to Sleep](#) [social media content]
- [wichhealth To-Go Safe Sleep](#) [PDF] (Spanish)
- [wichhealth To-Go Safe Sleep](#) [text image] (Spanish)

**Solids**

- [1,000 Days](#) [video] Baby’s First Meat (unavailable in Spanish)
- [1,000 Days](#) [video] Cook Broccoli (unavailable in Spanish)
- [1,000 Days](#) [video] Cook Sweet Potato (unavailable in Spanish)
- [1,000 Days](#) [video] Drinks (unavailable in Spanish)
- [1,000 Days](#) [video] First Food (unavailable in Spanish)
- [1,000 Days](#) [video] First Year Foods (unavailable in Spanish)
- [1,000 Days](#) [video] Foods to Avoid (unavailable in Spanish)
- [1,000 Days](#) [video] How Much to Feed (unavailable in Spanish)
- [1,000 Days](#) [video] Mealtime (unavailable in Spanish)
- [1,000 Days](#) [video] No-Cook First Foods (unavailable in Spanish)
- [1,000 Days](#) [video] Ready for Solids? (unavailable in Spanish)
- [1,000 Days](#) [video] What to Expect When Introducing Foods (unavailable in Spanish)
- [Dr. Yum Raising Adventurous Eaters](#) [guides] (Form to receive downloadable PDF; appropriate to share with healthcare providers or clients who want more in-depth information)
- [HealthyChildren Heavy Metals in Baby Food](#) [webpage] (Spanish)
- [PreventPeanutAllergies.org](#)
- [PreventPeanutAllergies.org Resources for Providers](#) [webpage] (printables at bottom)
- [wichhealth To-Go Can I Start Solids?](#) [PDF] (Spanish)
- [wichhealth To-Go Can I Start Solids?](#) [text image] (Spanish)
- [wichhealth To-Go Smooth Foods](#) [PDF] (Spanish)
- [wichhealth To-Go Smooth Foods](#) [text image] (Spanish)
- [wichhealth To-Go Mashed Foods](#) [PDF] (Spanish)
- [wichhealth To-Go Mashed Foods](#) [text image] (Spanish)
- [wichhealth To-Go Chopped Foods](#) [PDF] (Spanish)
- [wichhealth To-Go Chopped Foods](#) [text image] (Spanish)
- [wichhealth To-Go Tiny Pieces of Food](#) [PDF] (Spanish)
- [wichhealth To-Go Tiny Pieces of Food](#) [text image] (Spanish)
Special Needs

- **Referrals** (document on referrals screen)
  - [Infant-Toddler Brochures in Kansas (PDF)](Spanish)
  - [Kansas Early Childhood Developmental Local Services (PDF)]

Vitamin D

- [CDC Vitamin D (webpage)](Spanish)
- [Vitamin D (PDF)](Spanish)