

WIC ID # \_\_\_\_\_



## Do Your Nutrition Education Online!

### Follow these easy steps:

1. Log onto this website: **www.wichealth.org**
2. Create an account and follow instructions. If you already have an account, login. Use WIC ID #.
3. Select a lesson from one of the five categories.
4. Answer the questions and click on the helpful information.
5. When you are finished you will be asked to complete a short survey. Click on "Submit" to receive your certificate.
6. One to two weeks before your benefits run out, call:

Bellaire	231-533-1002
Mancelona	231-587-4363
Charlevoix	231-308-7800
Petoskey	231-347-7170
Gaylord	989-732-6884

Leave a message stating:

- Your name
- Phone #
- Any questions you have regarding the online topic.

Within 3-5 days your WIC benefits will be loaded on your EBT card. We will contact you with your next appt. by phone or mail.

**Access previously completed lessons by clicking on the "My Profile" link!**

This institution is an equal opportunity provider and employer.

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## Lessons Available

### Pregnant Women

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

### Children Ages 0-1

Starting to Feed Your Infant Solids\*  
Baby's First Cup\*  
Breastfeeding: Building a Bond for a Lifetime

### Children Ages 1-5

Make meals & Snack 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 Health Drinks for Kids  
Fruits and Veggies Grow Healthy Kids  
Keep Your Family Safe From *E.Coli*



### 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

\* Offered in Spanish



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