

wichealth.org

## Kentucky WIC Program

Do your nutrition education

# ON THE INTERNET



**It's easy!** You can use any computer, tablet or smart phone

**It's fun!** There are lots of great recipes and tips on preparing healthy foods

**It's convenient!** You can do it any time and anywhere you have Internet access

**WIC parents that have used it really enjoy it!**



Access lesson certificates  
by clicking on "My Certificates"



Save your favorite links so  
you can revisit them any time



Share your favorites on  
Facebook and via email

### What WIC clients are saying:

*Awesome website!!! Lots of great information and links!*

*I think the website is great, looks wonderful and is very easy to follow. I love having a person talking right there.*

*This is a great idea! Especially for us working parents that have a 9-5 job. It is hard to take a personal or sick day. We like to use those for our sick children not for appointments.*

Check out  
"Health eKitchen"!  
The videos and recipes  
are awesome!

# Lessons Available



Follow these simple instructions to get started

## 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
- Choose Iron-Rich Foods
- Keep Your Family Safe From E.Coli

## Children Ages 1-5

- 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 & Snacks Simple
- Secrets For Feeding Picky Eaters
- Trust Your Child To Eat Enough
- Two Minutes Twice a Day for a Healthy Smile

\* All lessons available in Spanish

1. Go to [wichealth.org](http://wichealth.org).
2. Create an account and set up your profile.

Select your:

- State: Kentucky
- Agency: \_\_\_\_\_
- Clinic: \_\_\_\_\_

Know your household number:

- Your household number is \_\_\_\_\_  
*(Household number can be found on your WIC shopping list, in the upper right hand corner. Staff at your WIC clinic can also help you with this information.)*

3. Enter your wichealth ID\*.
4. Choose your lesson.
5. Complete the lesson.
6. Fill out the survey.
7. View your certificate.

**Your wichealth ID is \_\_\_\_\_  
plus your Household number.  
(No spaces)**



Share what you find!



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[wichealth.org](http://wichealth.org)

