



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 visiting your dashboard



Save your favorite links so
you can revisit them any time



Share your favorites on
Facebook and via email

Your Household ID:

(WIC staff can provide this ID)

What WIC clients are saying:

Follow these instructions to get started:

1. Go to **wichealth.org**.
2. Sign up and complete your profile.
Select: State - Kentucky
Agency - _____ Clinic - _____
Enter: Household ID: _____ - _____
*County Code **Household Number

(Household ID is your *County Code and **Household Number, with a dash between them. Example: 345-115. County Code is available by clicking on "Lookup Your County Code" at the wichealth.org website. Household Number appears on your WIC Shopping List in the upper right-hand corner. If you need assistance with your Household ID, contact your clinic.)

3. Click "Start Lesson".
4. Choose and complete a lesson.
5. Complete end of lesson questions.

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.

Lessons Available

Healthy Families

- Be Healthy with Fruits and Veggies
- Build Strong Kids with Dairy Foods
- Choose MyPlate to Build a Healthier Family
- Eat Well - Spend Less
- Farm to Family: Keeping Food Safe
- Healthy Whole Grains
- Keep Your Family Safe from E. Coli
- Make Meals and Snacks Simple
- Make Mealtime a Family Time
- Making Healthy Meals
- Meatless Meals for Busy Families
- Protect Your Family from Lead with Healthy Foods
- Simple Ways to Include Seafood in Your Family Meals



Check out the awesome recipes featuring WIC approved foods at:

Health eKitchen!



This institution is an equal opportunity provider.

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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
- Healthy Whole Grains
- 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

*Lessons are subject to change.
Most lessons available in Spanish.*



Share what you find!

