

Staff Guide – Online Nutrition Education

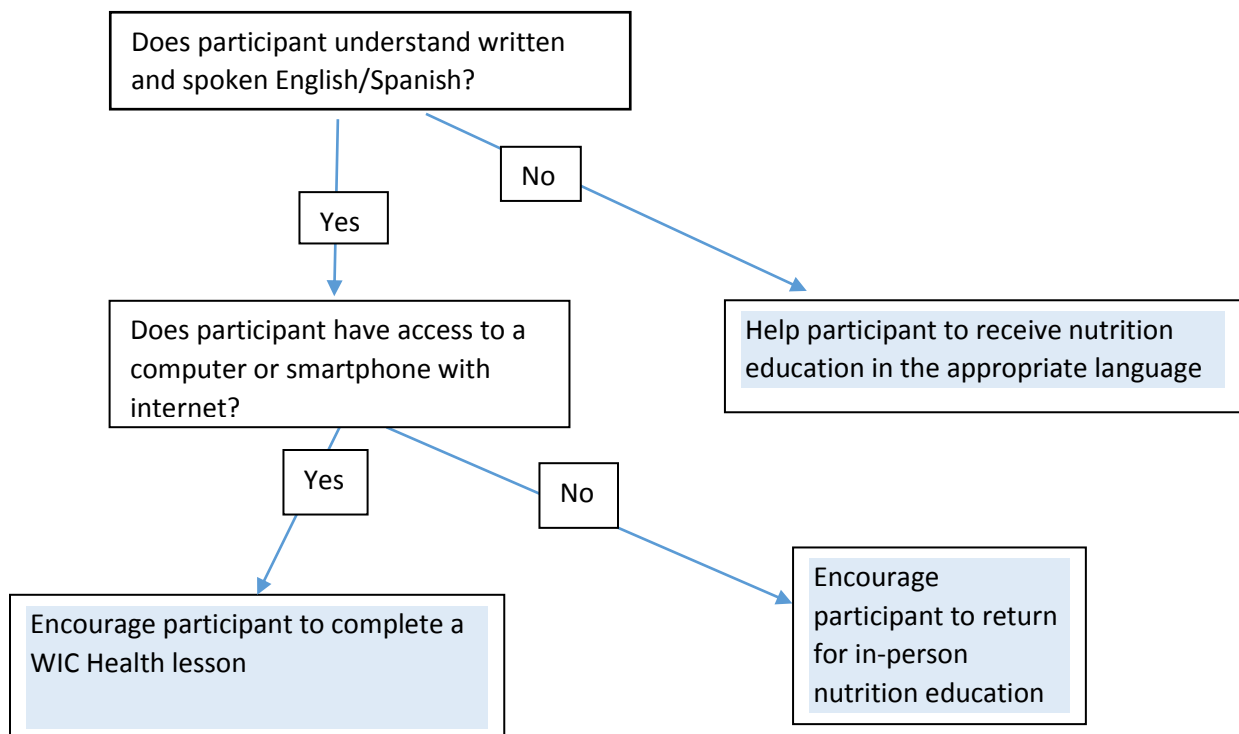
You will need:

WIC Health participant handout that your agency has selected
(Two versions are available for download – see website for more details.)

Follow these steps:

1. Determine which nutrition education option is most appropriate for the participant – WIC Health lesson online, an in-person nutrition education group or an individual appointment (see flowchart below).
2. If the participant wants to take an online lesson, find out which lesson interests the participant (See chart on the back of this page for currently available lesson names in WIC Health).
3. Write down the participant's WIC ID number and your agency name, if indicated.
4. Write down the *lesson name* on the handout the participant will receive.

Which Nutrition Education option is most appropriate to offer the participant – An online WIC Health lesson, an in-person group or an individual session?





Participant Category	WIC Health Lesson Topics
Women	<i>New and Expecting Parents</i>
	<ul style="list-style-type: none"> • A Recipe for a Healthy Pregnancy • Food Safety for Moms-to-Be • Understanding Your Baby's Sleep • Understanding Your Baby's Cues • Give You and Your Baby a Lifetime of Healthy Teeth
Infants	<i>Infants</i>
	<ul style="list-style-type: none"> • Baby's First Cup • Starting Your Infant on Solid Foods • Give You and Your Baby a Lifetime of Healthy Teeth • Understanding Your Baby's Cues • Offer Your Baby the Right Foods as He Grows • Understanding Your Baby's Sleep
Children	<i>Children Ages 1-5</i>
	<ul style="list-style-type: none"> • Secrets for Feeding Picky Eaters • Fun and Healthy Drinks for Kids • Trust your Child to Eat Enough • Fruits and Veggies Grow Healthy Kids • Simple Ways to Include Seafood in Family Meals • Offer Your Baby the Right Foods as He Grows
Families	<i>Healthy Families</i>
	<ul style="list-style-type: none"> • Choose MyPlate to Build a Healthier Family • Farm to Family: Keeping Food Safe • Keep Your Family Safe from E. Coli • Making Healthy Meals • Be Healthy with Fruits & Vegetables • Make Mealtime a Family Time • Simple Ways to Include Seafood in Family Meals • Protect Your Family from Lead with Healthy Foods • Two Minutes Twice Daily for a Healthy Smile • Meatless Meals for Busy Families
	<i>Meal Planning</i>
	<ul style="list-style-type: none"> • Introduction: Finding Recipes That Work • Using Substitutions in Healthy Meals • Recipes Made Easy • Saving Time with No Cook Recipes