

WIC Online Nutrition Education Classes

1. Go to **wichealth.org**

- You can use a phone, tablet, or a computer!

2. Sign up or log in

-If this is your 1st time taking a wichealth.org lesson you will need sign up:

WIC Family ID: _____

WIC Agency Name: **Lane County WIC Program**

3. Take the following lesson:

- | | |
|---------------------------------------|--------------------------------------|
| a. Be healthy with fruits and veggies | h. Trust your child to eat enough |
| b. Eat Well, Spend Less | i. Infant Feeding * |
| c. Healthy Drinks for Kids | J. Child Feeding * |
| d. Healthy Meals | k. New & Expecting Parents * |
| e. Keep your family safe from E.coli | l. Meal Planning * |
| f. Make meal time family time | m. Dental: Healthy Smiles |
| g. Secrets for picky eater | *h-m -take 1 class in the topic area |

4. Call us at 541-682-4202 or email us at WIC@lanecountyor.gov

5. Answer the following questions:

- a. What lesson did you take?

- b. What is one thing you learned or plan to do differently now?

Still have questions? Call us at 541-682-4202

Monday 8:00am-6:30 PM

Tuesday-Friday 8:00 am-4:00 pm

WIC@lanecountyor.gov