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: __________ - __________

   (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.
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

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.

Check out the awesome recipes featuring WIC approved foods at:
Health eKitchen!

This institution is an equal opportunity provider.
Rev. 9/19