Begin today with a fresh start.

We’re helping thousands of families like yours eat healthy—FOR LIFE.

Log In  Sign Up

Trouble Signing In?  

Not Sure What to Do?
USAGE
our impact

“Any form of art is a form of power; it has impact, it can affect change - it can not only move us, it makes us move.” - Ossie Davis

wichealth.org is technology. And technology is—in its own postmodern way—a form of art. And that art is affecting change. Over 3 million WIC clients can attest to that.

LESSONS COMPLETED SINCE 2002

Explore the map below to learn where and how we are helping families across the United States.
THEORY
EHBM Model 1.0
EHBM Model 2.0

Behavior

Already doing

Started doing

Want to do

Not doing

Don’t want to do
RESOURCES
Lead Protection Action Plan

Eating regular, healthy meals and snacks containing key nutrients (vitamin C, iron, and calcium), and washing hands, fruits and veggies before eating are two big things you can do to keep your family safe from the harmful effects of lead. I'm so glad you've already started doing this!

When life gets busy, sometimes even important things can slip. In each of the four boxes, write down one small thing you can do to make sure you continue to protect your family from lead.

**TINY HABIT #1**
One thing I can do to help me remember to shop for foods containing vitamin C, iron, and calcium at the grocery store.

Example: Print out a list of foods that protect from lead, or save it on your phone and make sure you take it to the store with you.

**TINY HABIT #2**
One thing I can do to help me remember to introduce more calcium, vitamin C, and iron into my family's meals and snacks:

Example: Create a meal plan that uses your child's favorite foods that are rich in vitamin C, iron, and calcium or keep prepared snacks on a low shelf in the refrigerator.

**TINY HABIT #3**
One thing I can do to remember to encourage my family to wash their hands and fruits and veggies before eating:

Example: Print out one or both of our reminder signs and hang by your refrigerator or sink.

**TINY HABIT #4**
One thing I can do to encourage my family to eat regular meals and snacks:

Example: Try setting an alarm or creating routines that help you remember to serve three meals and two small snacks each day.

Use this action plan to help you on track with feeding your family healthy meals and snacks that protect from lead!
Many older babies are eager to start eating the same foods as the rest of the family. That’s great! But it’s important to choose healthy, safe foods for your baby, especially when she’s just getting started eating table foods.

Here are some things to keep in mind:

- For the most part, the same healthy foods the rest of the family eats are fair game for your baby, too. Just make sure the foods you offer are soft and cut into small pieces.

- It’s OK for your baby to try seasonings, spices, and sauces if they are part of your family’s meal. Just be aware that if your family likes very spicy food, your baby may prefer a milder version.
TAGGING
Your WIC Information

Language *

Select which language you prefer to view wichealth.org in.

State *
Agency *
Clinic *

WIC ID: ***** 9929

Show/Update WIC ID

Cancel  Update
Good Morning, Bob.

Welcome to the new wichealth.org!

You can complete your nutrition education by clicking the “Start Lesson” button below. If you have any questions, be sure to click “Help” in the bottom right corner.

Start A New Lesson

Complete your online nutrition education or view your completed lessons.
Happy, Healthy, Active Children

What’s going on at your house? Whether it’s full of kids that just can’t sit still, or a bunch of couch potatoes glued in front of the TV, this lesson’s for you! Learn about physical activity for your children, including how much and what types of

Trust Your Child to Eat Enough

This lesson answers questions like “Do my kids have to eat all the food on their plate?”, “When do I offer dessert?”, and “How do I know if my child has had enough to eat?” Learn how meal times can be fun - and without any battles.
As a parent, I’m sure you already know how much toddlers and preschoolers like to run, jump, and move around. It’s fun to do these things! Being physically active is not only fun for kids, but it also helps them grow healthy and strong.

Physical activity is anything that gets your children moving, like dancing or skipping, swimming or playing duck-duck-goose.

Will you please share with me how much physical activity your children are getting by clicking on the statement that best describes your child’s normal activities?

- My children play actively several times a day.
- My children like to play actively, but sometimes it’s hard for them to do so.
- My children are usually watching TV or playing a video game, but they play active games once in a while.
- I would like for my children to play actively, but many times they don’t want to.
NEW LESSONS
Get FRESH at the Farmers Market

After you take this lesson, you may be eligible to receive WIC Project FRESH coupons to spend on eligible, locally grown, fresh, unprepared fruits and veggies at the farmers market.

Offer Your Baby the Right Foods As He Grows

Around 9-11 months old, most babies are ready to add table foods to their meals and snacks. Here’s how to know if your baby is ready and how to choose the right foods for his age and stage of development.
Protect Your Family From Lead With Healthy Foods

Lead is a heavy metal that may be in your water, home, and yard. This lesson will show you how you can protect your family against lead by eating healthy foods.
Mothers in Motion Introduction and Overview

Meet six WIC moms who share their experiences with the Mothers in Motion Program. Each of these moms were followed for one year while they implemented the tips and tools they learned from completing this program. Once you’ve watched the Introduction, choose another Mothers in Motion lesson that interests you at this time to earn your educational credit for WIC.

Effective Ways to Handle Negative Feelings

Do you eat when you are bored, angry, sad, or stressed out? Do you take these feelings out on others? If so, this lesson will help you identify the causes of these feelings and healthier ways to deal with those negative feelings.
HEALTH eKITCHEN
Browse Recipes

Zucchini Fritters

- 45 min
- 3 WIC Approved Ingredients
- 19

YoFruit

- 15 min
- 5 WIC Approved Ingredients
- 2

White Bean and Grape Salad

Watermelon Breakfast Lasagna
Browse Recipes

Homemade Applesauce
15 min 1 WIC Approved Ingredients 0

Berry Banana Fruit Salad
15 min 7 WIC Approved Ingredients 0

Apple Chicken Quesadilla
Ingredients

+ 1 can diced green chile
+ 1 diced white onion
+ 2 cloves garlic
+ 1 grated carrot
+ 1 can diced tomato
+ 1 lime juice
+ 2 apple
+ 1 whole wheat tortillas
+ 4 ounces grated cheese
+ 1 breast chicken
+ 0.5 teaspoon cumin
+ 1 bunch cilantro
+ corns black pepper

Step 1 Fill a large pot with enough water to cover the chicken. Add black pepper corns and smashed garlic. Bring to a boil.

Step 2 Add chicken to boiling water. Let cook for 15 minutes.

Step 3 While chicken is cooking, prepare the salsa.

Combine diced tomatoes, green chilis, cumin, onion, lime juice, and cilantro in bowl. Mix well.

Step 4 Cut apples in half and remove core. Slice thinly.

Step 5 Once chicken is cooked, remove from heat and allow to cool in the liquid for about 15 - 20 minutes. Chicken is cooked when the internal temperature is 169 degrees or there is no pink on the inside.

Step 6 Transfer chicken breast to separate cutting board. Remove skin and bones from breast. Then shred chicken.
MOBILE
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USE A SMART PHONE > 50%
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Start Lesson
Getting Started with Nutrition Education

Lesson Selection

I’m glad to see you’re ready to start your WIC nutrition education session. A lot of people have found this site to be really helpful in learning new skills that keep their families healthy.

Children Ages 1-5 Lessons

Happy, Healthy, Active Children

What’s going on at your house? What are all of kids that live?
Apple Chicken Quesadilla

The WIC Kitchen: Chicken Apple Q...

Ingredients

- 1 can diced green chile
- 1 diced white onion
- 2 cloves garlic
- 1 grated carrot
- 1 can diced tomato
- 1 lime juice
- 2 apple
- 1 whole wheat tortillas
- 4 ounces grated cheese
- 1 breast chicken
- 0.5 teaspoon cumin
- 1 bunch cilantro
- 1 corn black pepper

2 Servings

Step 1 Fill a large pot with enough water to cover the chicken. Add black pepper corns and smashed garlic. Bring to a boil.

Step 2 Add chicken to boiling water. Let cook for 15 minutes.
WICHEALTH
SUPPORT
**Client Search**
Enter a client’s WIC ID and find out when they completed a nutrition education lesson along with other details from each of their wichealth sessions.

**Usage Statistics**
Check out thelatest wichealth usage statistics for your state, agency, or clinic.

**Resources**
Access our free training and promotional materials.

**Evaluation Reports**
Access our annual and semi-annual reports.

**FAQs**
Get answers to the most common questions we hear from WIC staff.

**Contact**
Have a question that’s not answered in our FAQs or just want to share something nice with us? Drop us a line.
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FY 2017

- Revise Lessons with EBHM 2.0
- Expand wichealth Support Reports
- Expand Implementation Materials
- wichealth Academy
bensley@wmich.edu