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
   b. Eat Well, Spend Less
   c. Healthy Drinks for Kids
   d. Healthy Meals
   e. Keep your family safe from E.coli
   f. Make meal time family time
   g. Secrets for picky eater
   h. Trust your child to eat enough
   i. Infant Feeding *
   j. Child Feeding *
   k. New & Expecting Parents *
   l. Meal Planning *
   m. Dental: Healthy Smiles
   *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