

# INTERNET NUTRITION EDUCATION



## Would you like to do your nutrition education on the Internet?

- **It's easy:** You don't have to be a computer whiz to use this program.
- **It's fun:** Lots of good recipes and tips on preparing healthy foods.
- **It's convenient:** You can do it at any time, and anywhere you have Internet access.
- **WIC parents that have used it really enjoy it!**

### Just follow these simple instructions to get started:

1. Log on to a computer that is connected to the Internet.
2. Type **www.wichealth.org** in the address box and press enter.
3. You will be asked questions about your child's feeding needs and any problems or difficulties you have; be sure to click on the  **YES**  **NO** options.
4. When you finish the education module you will be asked to complete a small survey. Your answers will be entirely anonymous and confidential and will be used to help improve the site.
5. When you are done, print the certificate of completion and place in your WIC folder to give to staff at your next clinic visit.  
*OR*
6. Email the certificate to your WIC Clinic. Just follow the simple instructions on the back.

✓ This will count as your nutrition education.

**WWW.WICHEALTH.ORG**



## Instructions for emailing certificate:

1. On the certificate page click “Edit” then “Select all” on the menu bar in the upper left hand corner.
2. Click “Edit” again and “Copy.”
3. Go to your email, then type “Ed on Web – (*Your Name & Family #*)” in the subject line of your email.
4. Click in the body of your email then click “Edit” and “Paste” on the menu bar in the upper left hand corner.
5. Send the email to your local WIC office at: *jacksonwic@yahoo.com*
6. WIC staff will load your benefits onto your Michigan WIC Bridge Card after your certificate is received. You will then receive a phone call to set up your next WIC appointment. If we are unable to reach you, an appointment will be set for you. (You will be sent a postcard with the appointment information.)

Questions?

Call your local WIC office if you need help using this website.