

Wichealth.org Lessons for the Minnesota WIC Program

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Pregnancy And Baby's First 6 Months

Eat Well for a Healthy Pregnancy

Eating healthy and staying active while pregnant.

Feeding Your Newborn

Establishing breastfeeding with a great latch.

Getting the Support You Need for Baby's First Weeks

Getting the help you need while caring for your family.

Help Your Baby Sleep Safe and Sound

Putting your baby to bed Alone, on their Back, and in a Crib.

In the Hospital - The First 48 Hours

Preparing for the first 48 hours with your newborn.

Preparing to Meet Your Newborn

Bonding with newborn and understanding baby's cues.

Returning to Work or School

Preparing to return to work or school.

Taking Care of You After Baby Arrives

Be your healthiest self after baby arrives.

Understanding Your Newborn: Sleep, Crying, and Cues

Recognizing and responding to your baby's cues.

Feeding Your 6 to 24-Month-Old

Baby's First Cup

Teaching your baby to drink from a cup when he is developmentally ready.

Feeding Your 1-Year-Old

Choosing the right foods for child's age and stage of development.

Feeding Your Infant Solid Foods

Introducing your baby to her first solid foods when she is developmentally ready.

Feeding Your 2 to 5-Year-Old

Help Your Child Develop Healthy Eating Habits

Providing your children the freedom to make healthy eating choices.

Making Mealtime a Family Time

Creating enjoyable family mealtimes.

Solving Picky Eating

Providing solutions to picky eating.

Choosing Healthy Foods

Be Healthy With Veggies and Fruits

Offering half a plate of veggies and fruits.

Build Strong Kids With Dairy Foods

Offering a variety of low-fat dairy in your family's meals and snacks.

Fun and Healthy Drinks for Kids

Offering nutritious drinks and understanding how different drinks affect your child's health.

Go For Whole Grains

Creating a healthy eating pattern by offering more whole grains in meals and snacks.

Powerful Proteins – So Much More than Meat

Tips to offer your family a variety of protein foods while on a budget.

Simple Ways to Include Seafood in Your Family Meals

Providing two or more servings of seafood a week for better health.

Time to Eat! What's on Your Plate?

Get family-friendly ideas on how to offer a variety of foods from all five food groups.

Keeping Your Family Safe and Healthy

A Guide to Food Safety

Using food safety strategies.

Building Healthy Bodies with Iron Foods

Include iron-rich foods in family meals and snacks.

Give You and Your Baby a Lifetime of Healthy Teeth

Simple things you can do now to help you and your child have healthy teeth and gums for life.

Happy, Healthy, Active Children

Learning which physical activities are best for kids of all ages.

Protect Your Family From Lead With Healthy Foods

Offering your family foods that help protect against lead.

Two Minutes, Two Times a Day For a Healthy Smile

Learning the importance of brushing and offering foods that help children have healthy teeth.

Planning Simple Meals and Snacks

Finding Recipes That Work

Finding healthy recipes using WIC foods.

Make Meals and Snacks Simple

Offering simple healthy meals and snacks on a regular basis.

Making a Meal Plan

Making a grocery list based on meal planning.

Maximizing Food Dollars

Using a grocery list to save money while buying nutritious food.

Recipes Made Easy

Easily following recipes to prepare healthy meals.

Saving Time With No-Cook Recipes

Making healthy meals without cooking.

Using Substitutions in Healthy Meals

Learn how to use substitutions in a variety of recipes.

Mothers in Motion

Mothers in Motion - Introduction, and Overview

Understanding the goal of the Mothers in Motion Series.

Better Ways to Handle Everyday Stress

Developing healthy responses to stress.

Effective Ways to Help With Parenting

Developing positive relationships with children with effective parenting tools.

Effective Ways to Reduce Junk Food

Reducing junk food intake.

Effective Ways to Handle Negative Feelings

Being happier by handling negative feelings.

Fun and Realistic Ways to Get More Exercise

Becoming more physically active.

Journey to Weight Loss

Eating healthier and being more physically active.

Plan Meals to Help Children Eat Healthier

Planning meals and eating healthier.

Practical ways to Cook Healthier

Eating healthier by cooking at home.

Time Saving Tips for Busy Moms

Creating more time for yourself and your family.

Useful Tips for Grocery Shopping (Part 1)

Becoming a better shopper; saving time and money.

Useful Tips for Grocery Shopping (Part 2)

Becoming a better shopper; choosing healthier food and saving money.

Most lessons are also available in Spanish

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