

Internet Nutrition Education

It's easy: You don't have to be a computer whiz to use this program.

It's fun: Many 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 instructions to get started:

1. Obtain the number from the front of your WIC EBT card.
2. Log on to: **www.wichealth.org**.
3. The first time you enter the site, you will need to create a new account and set up a profile for yourself.
 1. Click on "Create a new account". Choose a user name and password according to the directions.
 2. Click on "CREATE ACCOUNT". The "My Profile" screen will appear. Answer the required questions. For **Agency**, click "Public Hlth Delta-Menominee". For **WIC ID**, enter the number from the front of your WIC EBT card. When finished, click "SAVE & CONTINUE".
4. Choose one topic. Answer the questions. Click on links for helpful information.
5. When you are finished, click on "BACK TO LINKS".
6. On the bottom of the LINKS page, click on "CONTINUE". Complete the survey.
7. Click on "CONTINUE" when finished with the survey. The screen will show that the nutrition education is completed.
8. You do not need to email us the certificate! Please let us know your nutrition education online was completed by contacting us on **the date assigned by the WIC clerk**. Call or e-mail:
 - In Delta County:
 - 906-786-4111 Ext 8169
 - wic@phdm.org
 - In Menominee County:
 - 906-863-4451
 - mwic@phdm.org

This will count as your nutrition education.

Do you have questions?

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

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