

Staff Guide – Online Nutrition Education

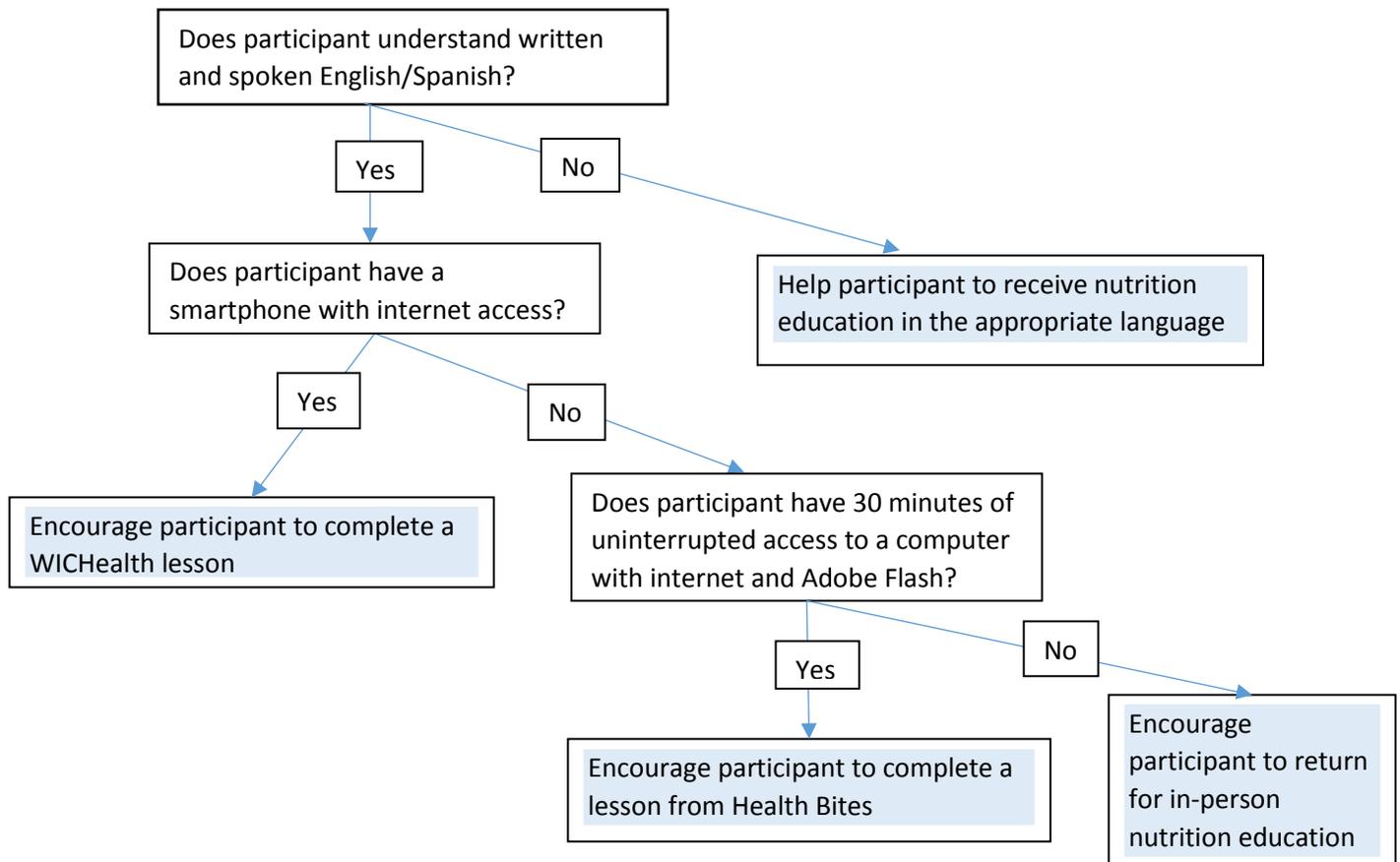
You will need:

- Health Bites & WICHealth participant handout that your agency has selected (Two versions are available for download – see website for more details.)

Follow these steps:

1. Decide which option is most appropriate for the participant – Health Bites, WICHealth, or an in-person nutrition education group or individual appointment (see flowchart below).
2. If the participant wants to take an online lesson, find out which lesson interests the participant (See chart on the back of this page for available lesson names in both Health Bites and WICHealth.)
3. Write down the participant’s WIC ID number and your agency name, if indicated.
4. Write down the *lesson name* on the handout the participant will receive.

Which Nutrition Education option is most appropriate to offer the participant – Health Bites, WICHealth, or an in-person group or individual session?



Category	Health Bites Lesson Topics		WICHealth Lesson Topics	
Prenatal	<i>Pregnancy</i>		<i>New and Expecting Parents</i>	
	<ul style="list-style-type: none"> Breastfeeding Promotion Dental Care for Pregnant Women and Infants How to Breastfeed Pregnancy and Nutrition 		<ul style="list-style-type: none"> Food Safety for Moms-to-Be Understanding Your Baby's Sleep Understanding Your Baby's Cues 	
Postpartum	<i>After delivery</i>		<i>Breastfeeding</i>	
	<ul style="list-style-type: none"> How to Breastfeed Postpartum Nutrition and Weight Loss Supporting Continued Breastfeeding Weaning 		(Lessons to be added at a later date)	
Infants	<i>Babies</i>		<i>Infants</i>	
	<ul style="list-style-type: none"> Dental Care for Pregnant Women and Infants Feeding Your Younger infant Feeding Your Older Infant 		<ul style="list-style-type: none"> Baby's First Cup Starting Your Infant on Solid Foods 	
Children	<i>Toddlers</i>	<i>Preschoolers</i>	<i>Children Ages 1-5</i>	
	<ul style="list-style-type: none"> Portion Sizes for Toddlers 	<ul style="list-style-type: none"> Feeding Your Preschooler 		<ul style="list-style-type: none"> Secrets for Feeding Picky Eaters Fun and Healthy Drinks for Kids Trust your Child to Eat Enough Fruits and Veggies Grow Healthy Kids Make Meals and Snacks Simple
	<ul style="list-style-type: none"> Dental Care for Toddlers and Preschoolers 			
Family	<i>Family</i>		<i>Healthy Families</i>	
	<ul style="list-style-type: none"> Smart Shopping Vegetables and Gardening 	<ul style="list-style-type: none"> Family Mealtime Physical Activity 	<ul style="list-style-type: none"> Eat Well – Spend Less Keep Your Family Safe from E. Coli Making Healthy Meals Be Healthy with Fruits & Vegetables Make Mealtime a Family Time 	
Healthy Foods	<i>Food Groups</i>	<i>Cooking</i>		
	<ul style="list-style-type: none"> Adult Portion Sizes Vegetable and Gardening Healthy Weight in Children 	<ul style="list-style-type: none"> Cooking Fast Healthy Meals 		