

Get to Know wichealth.org - 3

OCTOBER 23, 2024

Use wichealth.org for in person and phone education

Wichealth.org is not just for online education. The wichealthsupport.org **Resource Library** now offers a wide variety of educational materials that WIC staff can use one-on-one with participants. Some ways to share the educational materials:

- Open it up on your computer and share with the participant in the clinic.
- Email a PDF during or after an appointment.
- Text an image during or after an appointment.

Nutrition education resources for clients

- Use your wichealthsupport.org account to access nutrition education resources. Don't have an account yet? See Get to know wichealth.org 1 for access information.
- It is not necessary to take a lesson to access the resources. Resource materials are always available to staff through the Resource Library.
- Here are two ways to access the Resource Library for clients from the wichealthsupport.org homepage.
 - Look for **Resources Quick Share** - it has an image of a rabbit and a button to "start sharing."
 - Click "start sharing" to browse the resource categories. There are 10 categories to choose from. Some categories include: Babies, children, or meals and snacks. Select a category to see the numerous materials and resources available by topic.
 - "Wichealth to go's" are available for each topic. Most "wichealth to go's" are client educational materials in PDF and/or textable image formats. Some "wichealth to go's" are videos or articles.
 - Look for **Nutrition Education Resources for Clients** and search by "wichealth to go's," "textable images," or "all educational resources."
- The Resource Library can be filtered and searched by staff to find the necessary materials.
- Wichealth.org resources offer in-depth information about a wide variety of topics.
 - Some wichealth.org resources go into greater depth than MN WIC nutrition education cards and can be beneficial for participants who want more information.
- Materials in the resource center use color, photos, and graphics to help convey the educational messages. There is an option to send all materials in color or black and white depending on participant preference.

- Photos and graphics highlight the topic and provide a visual aid for the content.
 - For example, a graphic may include an example of a portion size or a list of whole grains with their images.
 - Graphics aid participants who learn better from a visual reference.
- All the “wichealth to go” resources have links for sharing with participants. Most topics include PDFs and textable images for sharing. They generally contain much of the same information, however the textable images have abbreviated content. Here are a few examples of “wichealth to go’s:”
 - PDFs available for email:
 - [Stage 3: Getting Started with Chopped Foods](#)
 - [Stage 4: Ready for Tiny Pieces of Food](#)
 - [Helping Your Child with Lactose Intolerance: Get the nutrition they need](#)
 - [50 Fun Activities! Help Children Move Their Bodies](#)
 - Textable images:
 - [Stage 3: Getting Started with Chopped Foods](#)
 - [Stage 4: Ready for Tiny Pieces of Food](#)
 - [Helping Your Child with Lactose Intolerance: Get the nutrition they need](#)
 - [25 Fun Activities! Help Children Move Their Bodies](#)

Reminders

- The October 9 [Get to know wichealth.org 1](#) memo includes links to a pre-recorded wichealth webinar and MDH resources.
- Read future WIC weekly updates with in-depth information about each of the new features available on [wichealth.org](#) and [wichealthsupport.org](#). The October 30 memo will share ways staff can use the Health eKitchen resource.

Reference – Complete Listing of Hyperlinks

[Wichealth.org](https://www.wichealth.org/) (https://www.wichealth.org/)

[Wichealthsupport.org](https://www.wichealthsupport.org/) (wichealthsupport.org)

[Get to know wichealth.org 1](https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/gettoknow/wichealth.pdf)

(https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/gettoknow/wichealth.pdf)

[Stage 3: Getting Started with Chopped Foods](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/4300c230-e2dd-4465-9888-41bf3318d34e.pdf) (https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/4300c230-e2dd-4465-9888-41bf3318d34e.pdf)

[Stage 3: Getting Started with Chopped Foods](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/f7896b5f-c9bb-4e03-ad0c-f820f2c99e53.jpg) (https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/f7896b5f-c9bb-4e03-ad0c-f820f2c99e53.jpg)

[Stage 4: Ready for tiny pieces of food](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/97656a77-67a8-41b1-b086-ec07f8da56be.pdf) (https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/97656a77-67a8-41b1-b086-ec07f8da56be.pdf)

[Stage 4: Ready for tiny pieces of food](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/06e99b66-7fbe-4f8e-bef4-5549021fabbb.jpg) (https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/06e99b66-7fbe-4f8e-bef4-5549021fabbb.jpg)

[Helping your child with Lactose Intolerance: Get the nutrition they need](https://www.wichealth.org/Member/Resource?id=7530&languageId=1) (https://www.wichealth.org/Member/Resource?id=7530&languageId=1)

[Helping your child with Lactose Intolerance: Get the nutrition they need](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/ec8f00a3-2279-4d17-907f-8f56580a36e3.jpg) (https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/ec8f00a3-2279-4d17-907f-8f56580a36e3.jpg)

[50 Fun Activities! Help Children move their bodies](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/60c81978-e8cf-496d-a072-f2caef8af7b3.pdf) (https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/60c81978-e8cf-496d-a072-f2caef8af7b3.pdf)

[25 Fun Activities! Help Children move their bodies](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/15604dff-4093-4acb-bcb1-71348d0c555e.jpg) (https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/15604dff-4093-4acb-bcb1-71348d0c555e.jpg)

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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