

Get to Know wichealth.org - 4

OCTOBER 30, 2024

Use Health eKitchen for recipes and cooking resources

Health eKitchen is a resource available on wichealth.org. Participants can access Health eKitchen at any time, it is not necessary to complete a lesson.

- With Health eKitchen:
 - Browse hundreds of recipes or create a new meal recipe.
 - Learn how to incorporate WIC foods into recipes.
 - Make daily, weekly, or monthly meal plans.
 - Like, comment, bookmark, and save favorite recipes.

WIC staff can use their wichealthsupport.org account to access Health eKitchen. Don't have an account yet? See [Get to know WIC Health 1](#) for access information.

Recipes

- Available in English and Spanish.
- Participants can browse, filter, and search for recipes.
 - Filter by cooking method, difficulty, or recipe type.
 - Search by food item, e.g., look for recipes using tuna, cereal, or yogurt.
- Each recipe provides the directions, ingredients, prep and cook time, number of servings, and amount of likes and comments.
 - Directions are simple and broken down by steps.
 - Ingredients are listed along with their quantities.
 - Minnesota WIC allowed food items in the recipe are designated with a blue WIC symbol.
 - Since a user must be logged into wichealth.org to see the blue WIC symbols, the recipes linked in this memo will not display the symbols.
 - At the top of the ingredients list, it states how many of the recipe ingredients are part of the Minnesota WIC package.
- Some recipes have videos that provide a step-by-step tutorial on how to prepare the dish.
 - Recipe videos are valuable for participants with less kitchen experience or those who need a visual aid while cooking.

- Example: [Rice Pilaf with Roasted Vegetables](#)
- Most recipes include an enticing photo of the final product! The photos can help users decide if they are interested in making the recipe. Some examples:
 - [Peanut Butter Frozen Yogurt](#)
 - [Oven Lovin' Chicken](#)
 - [Barley and Lentil Soup](#)

Meal Plan

- Create a personalized meal plan with the Health eKitchen recipes. Users can choose to add breakfast, lunch, dinner, and/or snacks.
- Users can build meal plans for a single day, week, or month. After building their meal plan, the calendar view can be printed out and placed in their kitchen.

Personalization

- Participants can individualize their Health eKitchen experience by liking and saving recipes that they have made or plan to make. Liking and saving recipes allows users to easily find recipes again and build a recipe library for future meals.
- Participants can comment on recipes. Comments are public for all users to see. Most comments provide users' feedback and thoughts on the recipes which can be influential for those who are deciding whether to make the recipe.

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](#). Next week's memo will discuss WIC staff specific resources in the Resource Library. Did you know [wichealthsupport.org](#) has numerous free WIC photos you can use in your nutrition education resources? Learn more next week!

Reference – Complete Listing of Hyperlinks

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

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

Rice Pilaf with Roasted Vegetables

(<https://www.wichealth.org/Member/HealthEKitchen/Recipe?resourceId=3390>)

Banana Peanut Butter Frozen Yogurt

(<https://www.wichealth.org/Member/HealthEKitchen/Recipe?resourceId=4232>)

Oven Lovin' Chicken

(<https://www.wichealth.org/Member/HealthEKitchen/Recipe?resourceId=4534>)

Barley and Lentil Soup

(<https://www.wichealth.org/Member/HealthEKitchen/Recipe?resourceId=6416>)

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