

Do Your Nutrition Education Online!

UPDATED APRIL 2022

Follow these easy steps:

1. Go to
wichealth.org

2. Create an account.

Household ID:

County:

3. Complete the lesson by

All lessons available in Spanish.

*Minnesota Department of Health - WIC Program 625 Robert St. N,
PO BOX 64975, ST PAUL MN 55164-0975; 651-201-3942,
health.wic@state.mn.us, www.health.state.mn.us; To obtain this
information in a different format, call: 651-201-3942*

This institution is an equal opportunity provider.