

# memo

**DATE:** September 8, 2021  
**TO:** WIC Coordinators and CPAs  
**FROM:** Nutrition and Clinic Services Unit  
**SUBJECT:** [wichealth.org](http://wichealth.org) Lesson Reorganization

**Coming September 10<sup>th</sup>**, a reorganization of the [wichealth.org](http://wichealth.org) lessons for participants.

The reorganization of lessons on the [wichealth.org](http://wichealth.org) website will simplify the participant's search for a lesson. Previously, when a participant searched for a lesson on the [wichealth.org](http://wichealth.org) website, the same lesson would be included in numerous categories making the lists of lessons appear overwhelming and confusing for participants. Starting September 10<sup>th</sup>, each lesson will only be listed in one category. The names of the categories have been changed to better describe each grouping of lessons.

**The updated categories of lessons include:**

- Pregnancy: Being Healthy, Before, During, and After
- Preparing for Your Newborn
- Keeping Your Family Healthy
- Feeding Your 6 to 24-Month-Old
- Choosing Healthy Foods
- Feeding Your 2 to 5-Year-Old
- Planning Simple Meals and Snacks
- Mothers in Motion

For the updated listing of lessons by category, see [wichealth.org Lessons for the Minnesota WIC Program](http://wichealth.org/Lessons%20for%20the%20Minnesota%20WIC%20Program). CPAs can use this document to help direct a participant to a lesson relevant to their interests or concerns.

**The reorganization of the lessons is the only change to [wichealth.org](http://wichealth.org):**

- The lesson names and content will remain the same, except for one lesson. The lesson Two Minutes Twice a Day for a Healthy Smile has been renamed Two Minutes, Two Times a Day for a Healthy Smile.
- The [wichealth.org](http://wichealth.org) import of lesson completions to HuBERT by Quick Connect will remain the same.

## Reference – Complete Listing of Hyperlinks

[wichealth.org Lessons for the Minnesota WIC Program](http://wichealth.org/Lessons%20for%20the%20Minnesota%20WIC%20Program)

(<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/lessons.pdf>)

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