

## OTHER WAYS TO GET NUTRITION EDUCATION

### Online Option:



- Over 20 lessons available in English and Spanish.
- Use a computer or Smartphone to complete a lesson anytime and anywhere you have internet access.
- Getting started: Create an account at [www.wichealth.org](http://www.wichealth.org) using your WIC family ID number. (Call our office if you do not know this number.) Complete a lesson and answer the lesson questions. The WIC office will automatically receive your certificate of completion. We will contact you when your benefits have been added.

### Nutrition Education Mall:

By appointment; come to the WIC office to learn more about a topic of your choice by:

- Reading a bulletin board or article.
- Watching a video.
- Using our computer to complete an online lesson at [wichealth.org](http://wichealth.org).
- Bringing in an evaluation from a take-home lesson received at your last WIC visit.

### Every Summer:



- You may be eligible to receive coupons for use at local farmers markets to purchase Michigan grown fruits and vegetables.



Shiawassee County WIC  
Shiawassee County Health Dept.  
110 E Mack St.  
Corunna, MI 48817

Phone: 989-743-2383  
Email: [wic@shiawasseechd.net](mailto:wic@shiawasseechd.net)  
Facebook: Shiawassee WIC  
Website: <http://health.shiawassee.net/Personal-Health>

*This institution is an equal opportunity provider.*

## SHIAWASSEE COUNTY WIC NUTRITION EDUCATION OPTIONS



*All classes are free and count  
as Nutrition Education credit  
to receive your WIC benefits*

**Call to sign up today:**

**989-743-2383**

## PRENATAL EDUCATION

### Classes for Pregnant Women & Support Persons

All classes are taught by a Certified Breastfeeding Counselor!

#### Infant Feeding Class

- Designed for women unsure about their infant feeding plans.
- Discuss common feeding concerns.
- Learn the benefits of breastmilk.
- See how to properly bottle feed for baby's safety and comfort.
- Length of time: 45min.



#### How to Breastfeed Class

- You're going to breastfeed! Learn what to expect in the hospital with breastfeeding, how the baby latches, and how to build a good milk supply.
- Learn how to get a free breast pump.
- Interactive and hands on learning.
- Length of time: 45 min.

## FAMILY NUTRITION CLASSES

### WIC Grocery Store Tour

- Learn how to locate WIC foods at the grocery store, get the most out of your WIC benefits, and tips for shopping on a budget for healthy foods.
- Length of time: 1.5 hrs.

### Eat Healthy—Be Active

- Eat healthy on a budget
- Tips for healthy weight, physical activity, quick, healthy meals and snacks.
- Length of time: 1 hr/week for 6 weeks.



### Healthy Harvest

- Using Myplate and goal setting for improved health.
- Taste testing, comparing recipes, eating for color.
- Adding more fruit and vegetables to your diet.
- Replacing sodium with herbs.
- Planning your garden.
- Length of time: 1hr/week for 6 weeks.



### Cooking and Nutrition Class

- Free groceries and cookbook
- Topics include: healthy snacks, food safety, planning balanced meals, tips for eating out and more!
- Length of Time: 2 hrs/week for 6 weeks.

MICHIGAN STATE UNIVERSITY | Extension

989-743-2252

Family Nutrition Classes are taught by an MSU Extension Nutrition Instructor!

## EDUCATION FOR MOTHERS & INFANTS

### EOC CLINIC:



- Breastfeeding mothers come in once a month until baby is 3 months old.
- A Certified Breastfeeding Counselor will weigh baby and provide support and assistance based on individual needs.
- Mom will receive incentives and certificates for breastfeeding accomplishments!
- Length of time: 15-30 minutes.

### Babywearing 101

- Learn basic baby carrier positioning and proper use of carrier. Learn how to breastfeed in carriers.
- Length of time: 1.5 hrs.



- For pregnant women and infants up to 1 year old, enrolled in Medicaid, and live in Shiawassee County.
- A Registered Nurse will work directly with you and your baby to provide individualized education and resources.
- Visits can be in the office, home, or community.
- Services include: healthy pregnancy and birth preparation planning, growth & development screenings, safety tips, and referrals to community resources.