

WIC Nutrition Education you can do on the Internet at your own pace!

- ◆ Ideas for your family to enjoy more fruits, vegetables whole grains and other healthy foods.
- ◆ Tasty recipes, meal ideas, and online games the whole family will enjoy. Helpful online tools you can use anytime.

Try Give Me More Fruits and Veggies WIC Nutrition Tool
It is Fun and Easy!

Go to www.dphss.guam.gov

Then click on the link for WIC Nutrition Tool at
www.wicnutritiontool.com

- Log in with your name and WIC Family ID number (use 1650)

- Go through the Internet lesson at your own speed

- Take a short quiz and review the answer sheet

- Take a short survey

- Print Certificate of Completion or write down ID number to take to Clinic for Nutrition Education Credit