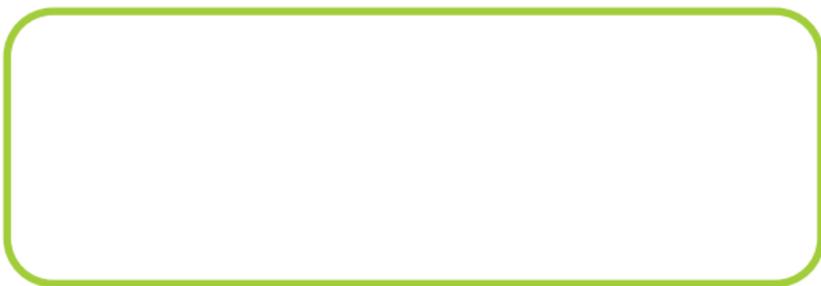




DO YOUR NUTRITION EDUCATION ONLINE

FOLLOW THESE EASY STEPS:

- 1) Install the free WICSmart app or go to www.wicsmart.com
- 2) Pick Idaho WIC as your agency and click the "Register Device" or "Next" button.
- 3) Enter your WIC account number (FID) F_____ and click "Login".
- 4) Choose a topic from the list.
- 5) Complete the lesson by _____
- 6) Next steps for future food benefits.



NUTRITIONAL TOPICS

Sample of topics offered:

- ✓Healthy Snacks
- ✓Kids and Juice
 - ✓My Plate
- ✓Choosing Fast Food Wisely
 - ✓Get Moving
- ✓Smart Shopping
 - ✓Picky Eaters

USER GUIDE

- ◆ A lesson can be done all at once or saved and finished later.
- ◆ Click “done” when you get to the end. Results are sent to your WIC clinic.
- ◆ You don’t need to print or save anything.
- ◆ Your WIC clinic will follow up with next steps.



WIC is an equal opportunity provider.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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