

NJWIConline.org

is WIC Nutrition Education *and More*



Lessons

Choose from four groups: women, infants and toddlers, children and families.



WIC Foods

Learn more about WIC foods and how to use them.



Resources

Find print materials, recipes, videos and websites



Be the Parent You Want to Be

Healthy families have more than physical health. Learn about feelings, communication and more.



Get Organized

Simplify your busy lifestyle, and help your kids to be organized thinkers.



My Notebook

Record your questions, goals, successes and bookmark favorites.

Let **NJWIConline.org** HELP YOU . . . Be the Parent You Want to Be!

This institution is an equal opportunity provider.