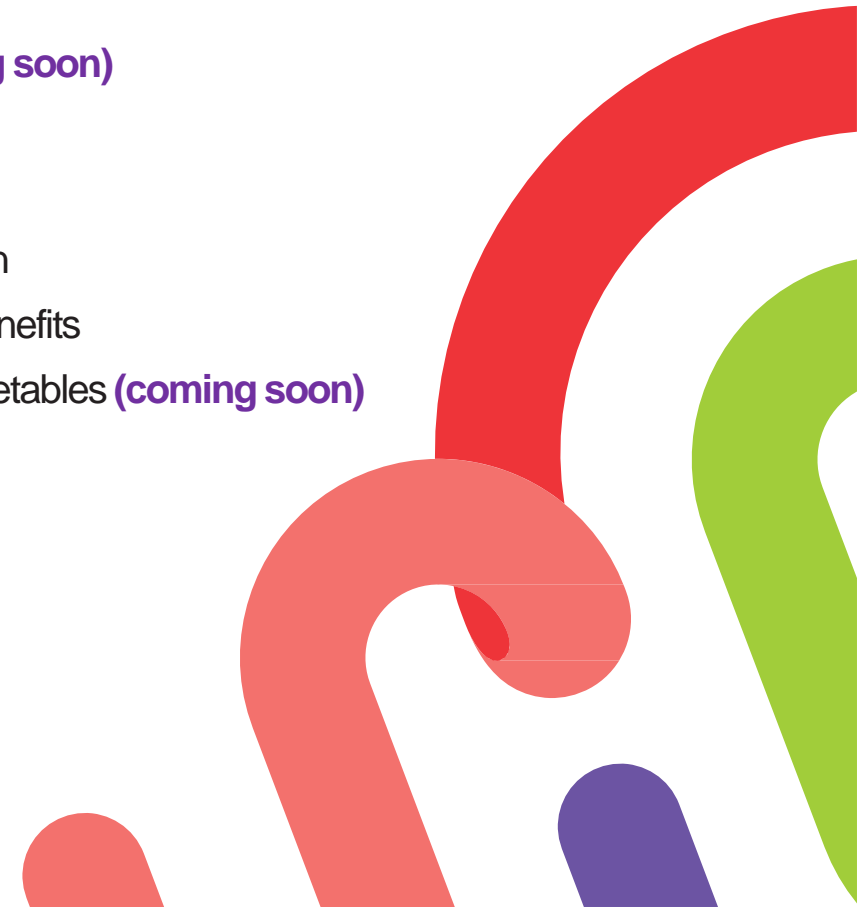


JPMA WICSmart Nutrition Modules

- 1) 9-Month Old – Transition to Table Food
- 2) Bottle Feeding (coming soon)
- 3) Breastfeeding Benefits
- 4) Breastfeeding and VOVID-19
- 5) Breastfeeding Moms and Healthy Eating
- 6) Breastfeeding the First Month
- 7) Calcium
- 8) Canned & Frozen Fruits & Vegetables
- 9) Cholesterol
- 10) Choose Fast Foods Wisely
- 11) Cooking Matters – Making Recipes Work for You
- 12) Create a Colorful Plate
- 13) Dental Health
- 14) Dietary Guidelines (coming soon)
- 15) Emergency Food Supply
- 16) Feeding Cues
- 17) Feeding Your Toddler
- 18) Fiber
- 19) Folic Acid
- 20) Food Labels
- 21) Food Safety
- 22) Fruit Juice
- 23) Hack Your Snack (coming soon)
- 24) Hand Expression
- 25) Healthy Holiday Eating
- 26) Healthy Weight in Children
- 27) How to Maximize WIC Benefits
- 28) Increasing Fruits and Vegetables (coming soon)
- 29) Iron
- 30) Lead
- 31) Menu Planning Basics
- 32) Milk and Milk Alternatives
- 33) Mindful Eating
- 34) MyPlate – Adult



JPMA WICSmart Nutrition Modules

- 35) MyPlate - Child
- 36) Oats as a Whole Grain
- 37) Physical Activity
- 38) Safe Sleep
- 39) Salt/Sodium
- 40) Seasonal Fruits and Vegetables
- 41) Smart Shopping on a Budget
- 42) Vitamin A
- 43) Vitamin D
- 44) Water
- 45) Welcome to WIC
- 46) Whole Grains
- 47) Yogurt
- 48) Yogurt 2020

