

# JPMA WICSmart Nutrition Modules

- 1) 9-Month Old – Transition to Table Food
- 2) Benefits of Breastfeeding
- 3) Breastfeeding During the First Month
- 4) Calcium
- 5) Canned and Frozen Fruits and Vegetables
- 6) Cholesterol
- 7) Choose Fast Foods Wisely
- 8) Create a Colorful Plate
- 9) Dental Health
- 10) Emergency Food Supply
- 11) Feeding Cues
- 12) Feeding Your Toddler
- 13) Fiber
- 14) Folic Acid/Folate
- 15) Food Labels: What is Changing
- 16) Food Safety
- 17) Fruit Juice
- 18) Healthy Eating for Breastfeeding
- 19) Healthy Weight in Children
- 20) Iron
- 21) Lead
- 22) Milk and Milk Alternatives
- 23) Mindful Eating
- 24) Physical Activity
- 25) Salt/Sodium
- 26) Seasonal Fruits and Vegetables
- 27) Smart Shopping on a Budget
- 28) Vitamin A
- 29) Vitamin D
- 30) Water
- 31) Welcome to WIC
- 32) Whole Grains – New Options
- 33) Yogurt



# JPMA WICSmart Nutrition Modules – Cont.

- 1) MyPlate – Child
- 2) Breastfeeding and COVID-19
- 3) MyPlate – Adult – **NEW** (coming soon!)
- 4) Oats as a Whole Grain – **NEW** (around September 15)
- 5) How to Get the Maximums on WIC – **NEW** (around September 15)
- 6) Yogurt 2020 – **NEW** (around September 15)

