

JPMA WICSmart Nutrition Modules

1. ASPHN/CDC Milestones Matters - 9 modules E/S	18. Cooking Matters - Menu Planning Basics
2. Bottle Feeding	19. Cooking Matters - Saving Money by Reducing Food Waste
3. Breastfeeding Benefits - E/S	20. Cooking Matters - The Family Kitchen
4. Breastfeeding During COVID-19	21. Create a Colorful Plate
5. Breastfeeding the First Month	22. Dental Health
6. Calcium	23. Dietary Guidelines
7. Canned and Frozen Fruits and Vegetables	24. Emergency Food Supply
8. Cholesterol	25. Feeding Cues
9. Choose Fast Food Wisely	26. Feeding Your Toddler
10. Choose MyPlate	27. Fiber
11. Clean Away COVID	28. Folic Acid/Folate
12. Cooking Matters – Drink to Your Health	29. Food Labels
13. Cooking Matters – Feeding in the First Year	30. Food Safety
14. Cooking Matters – Hack Your Snack	31. Fruit Juice
15. Cooking Matters – Kids Say Yes to Fruits and Veggies	32. Hand Expression
16. Cooking Matters- Making My Plate Work For You (coming soon)	33. Healthy Eating for Breastfeeding
17. Cooking Matters – Making Recipes Work For You	34. Healthy Eating for the Holidays

E/S = English/Spanish



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35. How to Eat More Fruits and Vegetables E/S	52. . Vitamin D
36. Iron	53. Water
37. Jump Start a Good Milk Supply	54. Welcome to WIC
38. Lead	55. Whole Grains
39. Maximize Your Benefits	56. Yogurt - New Option in WIC
40. Milk and Milk Alternatives	57. 9 Month Old Transitioning
41. Mindful Eating	
42. MyPlate for Children	
43. New Ideas About Yogurt	
44. Oats	
45. Physical Activity	
46. Safe Sleep	
47. Salt/Sodium	
48. Saving Money by Reducing Food Waste	
49. Seasonal Fruits and Vegetables	
50. Smart Shopping on a Budget	
51. Vitamin A	

