

YOUR NUTRITION ACTIVITY APPOINTMENT!

A friendly reminder about your upcoming nutrition activity appointment with the Portage County WIC Nutrition Program for:

- Mom Baby Child Children

Appointment Date: _____ Time: _____

- This is also a Fit Family monthly contact

Your Nutrition Activity is scheduled as a(n):

- (In-Person or Phone) Follow-up with your WIC Nutritionist
 Online activity, pick a lesson to complete before _____
 www.wichealth.org
 www.nutrition-one.com
Your WIC Family ID Number is _____

Please give us a quick call if you need to reschedule (715) 345-5744

Missed benefits may result in a partial food package:

1-14 days late: receive a full package; 15-28 days late: receive a half package; More than 28 days late: no food package.

Thank you, PCHHS WIC Staff
This institution is an equal opportunity provider.

