

HAVE YOU HEARD OF ONE YET?

The new **online nutrition education**
website WIC is using!



ONE HAS FEATURES INCLUDING:

- New recipe ideas using WIC foods
- Easy to understand nutrition tips and tricks
- Unique lessons to help you and your family meet your goals that can also replace a WIC phone appointment



**Give WIC a call at
(608) 267-1111 to sign up today!**

