**Nutrition and Health Information for Our Families!**

Here you will find information and tips for developing healthy behaviors.   If you would like a hard copy of anything listed below, please contact your local WIC office.  If you are a healthcare provider or community partner interested in multiple copies of any of the below documents, please contact your local WIC office.   If you don't know how to contact your local WIC office, click on your county on this [map](http://iowa.maps.arcgis.com/apps/webappviewer/index.html?id=9fcdcdfdeaf4480fb925786d260fb2fe&shareWithWebMap=true) or call our State WIC office at 515-281-6650 and they can help to put you in touch with them.

* [Bean cookbook](https://idph.iowa.gov/Portals/1/userfiles/104/Bean%20Cook%20Book%20%28WI012%29.pdf)  
* [Can Fast Foods FIt?](https://idph.iowa.gov/Portals/1/userfiles/104/CanFastFoodsFit10_15_21.pdf)
* [Changing Your Baby to a Different Formula](https://idph.iowa.gov/Portals/1/userfiles/104/WICChangingYourBabytoaDiffFormula10_15_21.pdf) 
* [Children's Feeding Guide](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWIC%20ChildrensFeedingGuideFinaltoPost12_5_19.pdf) 
* [Do your nutrition education online: wichealth.org](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICDoNutritionOnlineEnglishSpNew4_12_22.pdf)  
* [Eating for you and your baby](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICMEatingForYou%26YourBaby10_15_21.pdf)
* [Every woman needs folic acid](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICFolicAcidTrifoldBrochureEngSpv5.pdf)  
* [Farmers Market](https://idph.iowa.gov/Portals/1/userfiles/176/Resources%20Tab/WIC%20FarmersMarketFAQ4_15_21.pdf) 
* [Fight lead poisoning with a healthy diet](https://idph.iowa.gov/Portals/1/userfiles/104/EPA%20LeadPoisoningHealthyDietBookletFinal12_23_19%20%281%29.pdf) 
* [Fight lead poisoning with a healthy diet (Spanish)](https://idph.iowa.gov/Portals/1/userfiles/104/EPA%20LeadPoisoningHealthyDietBookletSpanishFinal12_23_19%20%281%29.pdf) 
* [Food Safety for Baby and Me](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICFoodSafetyforBaby%26Me10_15_21.pdf) 
* [Formula feeding](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICFormulaFeeding10_15_21.pdf) 
* [Gaining weight too fast](https://idph.iowa.gov/Portals/1/userfiles/104/GainingWtTooFastPregnancy10_15_21.pdf) 
* [Get the most iron every day](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICGettheMostIronBrochureEngSp10_15_21.pdf)  
* [Healthy Drinks for Kids](https://idph.iowa.gov/Portals/1/userfiles/104/HealthyDrinksForKids10_15_21.pdf) 
* [Healthy Sleep for you and Your Baby](https://idph.iowa.gov/Portals/1/userfiles/104/HealthySleepforYou%26BabybrochureEngSp10_15_21.pdf) 
* [How does formula compare to breastmilk?](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICHowDoesFormulaComparetoBreastmilkEngSp10_15_21.pdf) 
* [I-Smile for my baby and me! (Oral health and pregnancy)](https://idph.iowa.gov/Portals/1/userfiles/104/I-Smile%20for%20Baby%20and%20Me%2012302020%20WIC.pdf) 
* [Is your baby ready for table foods?](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICIsYourBabyReadyforTableFoods10_18_21.pdf)
* [Make healthy choices for you and your family](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICMakeHealthyChoicesEngSpv5.pdf)  
* [Moms helping Moms](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICMomsHelpingMomsBrochureEnglishSpv5.pdf)  
* [Parents provide, kids decide](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICParentsProvideTrifoldBrochureEngSpv5.pdf)  
* [Smoking during pregnancy](https://idph.iowa.gov/Portals/1/userfiles/104/SmokingDuringPregnancyTo%20Post2_21.pdf) 
* [Starting foods](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICStarting%20Foods12_24_19toPost.pdf) 
* [Stay healthy for you and your baby](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseStayHealthyForYourBaby7_13_21Post.pdf) 
* [Tips for New Moms](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICTipsForNewMomsEngSpFinal.pdf) 
* [Tips to control nausea when pregnant](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICTipstoControlNaseaubrochureEngSp10_15_21.pdf) 
* [Tips to prevent constipation](https://idph.iowa.gov/Portals/1/userfiles/104/ReviseWICTipstoPreventConstipationEngSpv5.pdf)  
* [Turn off the TV. Turn on play](https://idph.iowa.gov/Portals/1/userfiles/104/TurnOfftheTVToPost2_21.pdf) 
* [Understanding your baby's cues](https://idph.iowa.gov/Portals/1/userfiles/104/UnderstandingYourBaby%27sCues12_3_19Final.pdf) 
* [Weaning from the bottle](https://idph.iowa.gov/Portals/1/userfiles/104/WICWeaningFromBottle4_28_21toPost.pdf)  

**Using Your WIC Benefits**

* [How to Use the WIC Shopper App](https://idph.iowa.gov/Portals/1/userfiles/104/WICshopperAppUpdate10_9_19.pdf). (English)  
* [How to Use the WIC Shopper App. (Spanish)](https://idph.iowa.gov/Portals/1/userfiles/104/How%20to%20use%20the%20WIC%20Shopper%20App-Spanish.pdf)  
* [Using your Iowa eWIC card (English)](https://idph.iowa.gov/Portals/1/userfiles/104/Using%20Your%20Iowa%20eWIC%20Card%20English.pdf) 
* [Using your Iowa eWIC card (Spanish)](https://idph.iowa.gov/Portals/1/userfiles/104/Using%20Your%20Iowa%20eWIC%20Card%20Spanish%203-15-16.pdf)  

See this link for more information on WIC

https://idph.iowa.gov/wic/education-materials

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* **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
* **fax:**
(833) 256-1665 or (202) 690-7442; or
* **email:**
[program.intake@usda.gov](http://mailto:program.intake@usda.gov/)

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