



## wichealth.org

Nutrition Education is an important part of WIC and is offered between recertification appointments. One way you can complete this education is on the Internet and save yourself a trip into the WIC office.

Some modules now available in Spanish!

**It's easy!** You don't have to be a computer wiz to use this program.

**It's fun!** There are lots of good recipes and tips on preparing healthy foods.

**It's convenient!** You can do it at any time, and anywhere you have Internet access.

**TWO WEEKS BEFORE YOUR NEXT BENEFIT APPOINTMENT, follow these simple instructions to complete nutrition education online:**

1. Log on to a computer that is connected to the Internet.
2. Type [www.wichealth.org](http://www.wichealth.org) in the address box and press enter.
3. Create an account by clicking on "Create an account" at the bottom of the homepage.
4. Set up your user profile by filling in all of the required fields. When you are finished, click "Save and Continue" on the bottom right-hand portion of the page.
5. Choose a lesson under one of the 5 categories that interests you or was recommended at a WIC appointment.
6. You will be asked questions about your child's feeding needs and any problems or difficulties you have; be sure to click on the "YES" or "NO" options.
7. When you finish the lesson click on "Continue" at the bottom right hand side of the screen (just below the links). You will be asked to complete a short survey. Your answers will be kept private and will be used to help improve the site.
8. When you are done with the survey click on "Continue" to view your certificate of completion.
9. **YOU MUST CALL YOUR LOCAL WIC OFFICE AND LEAVE A MESSAGE to let them know you've completed your nutrition education on the Internet.** WIC staff will **return your call and speak to you**, to answer questions, issue benefits and make your next appointment. For Benton Harbor call 269-927-5654, for Niles call 269-684-2800, ext. 6519 and for Three Oaks call either 269-927-5654 or 269-684-2800, ext. 6519.
10. **Allow 1 week for your benefits to be added** then print your shopping list. Instructions for printing your shopping list are on the other side.

## Instructions to print a shopping list:

After you talk to a WIC staff member and schedule your next appointment go on-line to print your shopping list.

**It's fast, easy and free – and only takes 3 easy steps to get started!**

**Step 1:** Go to [www.ebt.acs-inc.com](http://www.ebt.acs-inc.com)

**Step 2:** On the left side of the screen you will see the option to Create User Account. Use the dropdown arrow to select Michigan WIC.

**Step 3:** Selecting Michigan WIC will transfer you to a new page where you will enter:

- your zip code,
- your date of birth,
- your WIC EBT Bridge Card number,
- your User ID – your User ID must be 6-8 letters and/or numbers,
- your New Password – your new password must be 6-8 letters and/or numbers.
- Enter your New Password a second time to confirm.

Click “Submit” button when you have entered the required information.

You can now check your WIC EBT benefit balance, see your transaction history, and review general information about you WIC EBT Bridge Card.

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