

WIC SMART

Nutritional Education

Are you looking to save some time?
Complete your WIC appointment online!

WHY USE WIC SMART ONLINE?

- Short lessons about nutrition education on the go!
- Convenient 24/7 availability.
- Replace your 3-month and 9-month appointments.
- Start and stop capability for your busy life.
- Easy and FREE with WIC eligibility.

GET STARTED!

1. Download the WIC Smart app on your phone.
2. Click on "Participant Login".
3. Select "Montana WIC".
4. Enter your 8-digit household ID (HH ID)

If you do not know your household ID and it is not printed in the box to the right, please call your local WIC program at 406-582-3115 and leave a message.

Once you've successfully logged in, a menu will display.

5. Pick a lesson to complete that interests you.

Important: You need to choose a lesson that teaches nutrition education in the proper category for each WIC participant: pregnancy, breastfeeding, infant 0-6 months, infant 7-12 months, toddler, preschooler, or family. See list on the back of this page.

TIP: Make sure your sound is on! A picture will display, but the lesson is audio only. Click next when the person is done speaking.

6. Click "done" at the end of your lesson and results will be sent to the WIC office.
7. If you don't have benefits on your card for the next month within 4 business days of completing WIC Smart, contact the WIC office and let us know you completed WIC Smart so we can load benefits. We try to process them as soon as we receive them.

NOTE: Benefits are NOT automatically loaded on your WIC card after you complete WIC Smart.



DOWNLOAD THE APP

Use the QR code below to reach our website where you can find all the ways to download the app to a desktop or smart device.

YOUR HH ID:

Please complete by the 10th of _____.

CONTACT:

406-582-3115 | WIC@gallatin.mt.gov



www.healthygallatin.org/family-health/WIC



WIC SMART

Lessons



FAMILY

Pregnancy, breastfeeding, woman, toddler (1-2 years), and preschooler (2-5 years). **If you have an infant, you must also complete an infant lesson.**

- Fruit and vegetables
- Menu planning basics
- Making recipes work for you
- Make MyPlate work for you
- Health snacks
- Hack your snack
- Reading food labels
- Saving money by reducing food waste
- Fiber
- Dental health
- Iron for a healthy diet
- Limiting sugar
- Protein
- The family kitchen
- Physical activity
- Salt and sodium
- Watching your fat intake
- Choosing fast food wisely
- Limiting high cholesterol foods
- Vitamin A rich foods
- Vitamin C rich foods
- Lead
- Keeping food safe

PREGNANCY

- Teens and pregnancy
- Weight gain during pregnancy
- Gestational diabetes

BREASTFEEDING

- Breastmilk vs. Formula
- No formula first month
- What to expect when breastfeeding
- Breastfeeding supply and demand
- Foods for breastfeeding moms
- Post-partum weight loss
- Weaning your breastfed baby
- Smoking and breastfeeding

INFANT 0-6 MONTHS

- Breastmilk vs. Formula
- No formula first month
- Breastfeeding supply and demand
- Infant feeding 0-6 months
- Feeding in the first year

INFANT 7-12 MONTHS

- Infant feeding 7-12 months
- Feeding in the first year
- Weaning your baby from a bottle

TODDLER 1-2 YEARS

- Feeding your toddler
- Fruits and vegetables
- Kids say yes to fruits and vegetables
- Health snacks
- Protein
- Toddlers and milk
- Iron for a healthy diet
- Physical activity
- Healthy weight in children
- Limiting juice
- Picky eaters
- Calcium and children
- Happy Birthday!

PRESCHOOLER 2-5 YEARS

- Fruits and vegetables
- Kids say yes to fruits and vegetables
- Health snacks
- Protein
- Iron for a healthy diet
- Physical activity
- Healthy weight in children
- Limiting juice
- Picky eaters
- Calcium and children
- Happy Birthday!