

Welcome to WIC

WHAT WOULD YOU LIKE TO TALK ABOUT WITH
THE NUTRITIONIST OR NURSE TODAY?

Pick a topic below or suggest a topic to discuss today.

**Baby's
First
Foods**



**Bottle
Feeding**



**Making Baby
Food**



**Is My Baby
Getting
Enough to
Eat?**



**Baby's
Growth**



**Portion
Sizes**



**Mealtime
Problems**



Picky Eaters



Active Play



**Drinks for
Kids**



**"My Child is
constipated"**



**Child-Friendly
Snacks**



**Eating on the
Run**



Weight Gain



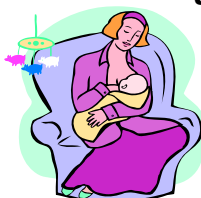
**Getting Back
in Shape**



**"I'm
feeling
sad."**



Breastfeeding



**What to Eat
during
Pregnancy**



**Discomforts
of
Pregnancy**



Birth Control



**Health Care
Information**



**Recipes with
Fruits &
Vegetables**



**Substance
Abuse**



**"I'd rather talk
about....."**