



WIC Educational Resources for Participants

WHAT EDUCATIONAL RESOURCES ARE AVAILABLE FOR PARTICIPANTS THROUGH PA WIC?

PA WIC offers a variety of educational resources to support both participants and health care professionals in promoting optimal nutrition and health outcomes for women, infants, and children. Some of the key educational resources available through PA WIC include:

- **Nutrition Education Materials:**
 - **Educational Handouts and Brochures:** PA WIC provides participants with a range of nutrition education materials, covering topics like healthy eating, breastfeeding, infant and toddler nutrition, managing weight during pregnancy, and food safety. You can receive these materials in-person during your WIC visit, through email, mail and even text message.
 - **Interactive Tools:** During WIC appointments, WIC professionals use resources such as food models, visual aids, and online tools to help families understand the importance of balanced nutrition and how to make the most of your WIC food benefits.
- **Online Resources and Videos:**
 - **WIC's Online Nutrition Education (WIC Smart Modules):** PA WIC offers online courses and videos to help you learn about nutrition, breastfeeding, and general health topics at your own pace.
 - WIC Smart Modules are available at pawic.com and are educational resources designed to help WIC participants learn about nutrition, breastfeeding, and overall health.
 - These modules often include interactive lessons, videos, and quizzes that cover various topics related to healthy eating and lifestyle choices.
 - The goal is to empower you with knowledge and skills that can support your health and the health of your family.
 - **Breastfeeding Education:** PA WIC provides comprehensive breastfeeding education through videos, informational pamphlets, and peer counseling programs, including access to lactation consultants for support.
 - At each appointment, you will be provided information on breastfeeding resources and contacts for breastfeeding counselors to contact after hours, if necessary, whether in-person or over the phone.
 - For after-hours breastfeeding support, many local WIC agencies offer access to lactation consultants or support hotlines that can be reached via phone or online.
 - Check pawic.com or contact your local WIC office for specific resources, including phone numbers for lactation support services available outside clinic hours.
 - Additionally, these local community organizations offer breastfeeding support groups and resources.
 - La Leche League: [Home - La Leche League USA \(https://llusa.org \)](https://llusa.org)
 - Breastfeeding Resource Center: (<https://breastfeedingresourcecenter.org>)
- **In-Person Classes and Group Sessions:**

Nutrition Education Classes: Many local WIC offices offer group classes or individual counseling sessions on nutrition topics, including healthy eating habits, managing gestational diabetes, and infant care.

PA WIC is funded by the USDA. This institution is an equal opportunity provider.