NJWIConline.org is WIC Nutrition Education and More

Lessons
Choose from four groups: women, infants and toddlers, children and families.

WIC Foods
Learn more about WIC foods and how to use them.

Resources
Find print materials, recipes, videos and websites

Be the Parent You Want to Be
Healthy families have more than physical health. Learn about feelings, communication and more.

Get Organized
Simplify your busy lifestyle, and help your kids to be organized thinkers.

My Notebook
Record your questions, goals, successes and bookmark favorites.

Let NJWIConline.org HELP YOU . . . Be the Parent You Want to Be!