

Additional Training Resources: Phase 1

JANUARY 2024

These trainings are optional exercises that may help you further develop your skills and understanding when working with WIC participants. If you have questions as you are learning and practicing what you have learned, reach out to your preceptor to assist you.

Introduction to WIC

- **WIC 101:** [WIC Learning Online](#) (USDA Module)
- [The Story of WIC](#) (NWA)

Breastfeeding support & skill development

- Read and complete [Breastfeeding Promotion](#) and Practice Activities
- Explore the [Breastfeeding 101](#) (USDA) topic areas

Reference – complete listing of hyperlinks:

[WIC Learning Online \(WIC 101\) \(wicworks.fns.usda.gov/resources/wic-learning-online-wlol\)](http://wicworks.fns.usda.gov/resources/wic-learning-online-wlol)

[The Story of WIC \(www.nwica.org/overview-and-history\)](http://www.nwica.org/overview-and-history)

[Breastfeeding Promotion \(PDF\)](#)

[\(www.health.state.mn.us/docs/people/wic/localagency/training/nutrition/nst/bfpromotion.pdf \)](http://www.health.state.mn.us/docs/people/wic/localagency/training/nutrition/nst/bfpromotion.pdf)

[Breastfeeding 101 \(wicbreastfeeding.fns.usda.gov/breastfeeding-101\)](http://wicbreastfeeding.fns.usda.gov/breastfeeding-101)

Minnesota Department of Health - WIC Program, 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

This institution is an equal opportunity provider.