

# Online Nutrition Education

## WICSmart

The Delaware WIC Program has online nutrition education to help you learn about nutrition and help you and your family get healthier.

Completing your nutrition education with WICSmart means:

- Only 2 clinic visits per year.
- You will continue to receive food benefits.
- You may view as many lessons as you want (only one lesson per household needs to be completed before your next appointment).
- You can start and stop a lesson anytime.



## To use Delaware WICSmart Online Nutrition Education:

Visit [wicsmart.com](http://wicsmart.com) OR use the **WICSmart app**.

### wicsmart.com

- 1 Select "Participant Login"
- 2 Select "Delaware WIC"
- 3 Under "Member ID#", enter in your "Family ID #" (Example: 1234567)
- 4 Choose your language and the lesson you want to view



### WICSmart App

First time users - Download the WICSmart app through the App Store or Google Play.



- 1 Select your language
- 2 Select "Delaware WIC"
- 3 Under "Member ID#", enter in your "Family ID #" (Example: 1234567)
- 4 Choose the lesson you want to view



## Reminders



- If you complete the online nutrition education prior to your next RELOAD appointment, your benefits will be loaded to your eWIC account.
- If you do not complete the online nutrition education prior to your RELOAD appointment, you will receive a call at your scheduled appointment time. You will receive a reminder message before your appointment.
- Contact your WIC clinic if your address or phone number changes, if you need to schedule or change an appointment, or if you need help with online nutrition education.

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DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
WIC Program