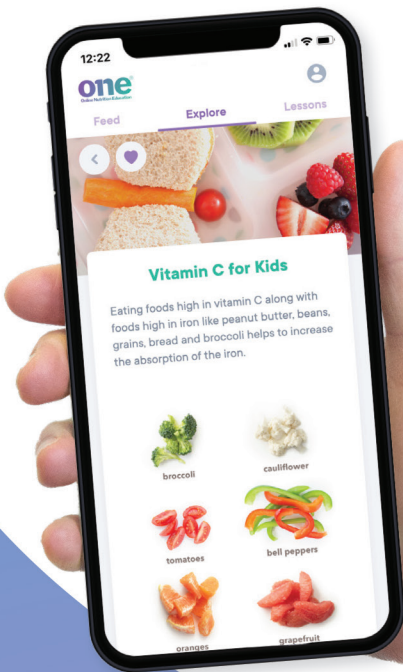


welcome to
one[®]
Online Nutrition Education
powered by Nutrition Matters

What is ONE?

ONE is a website where you will get the helpful information WIC has shared for you and your family.



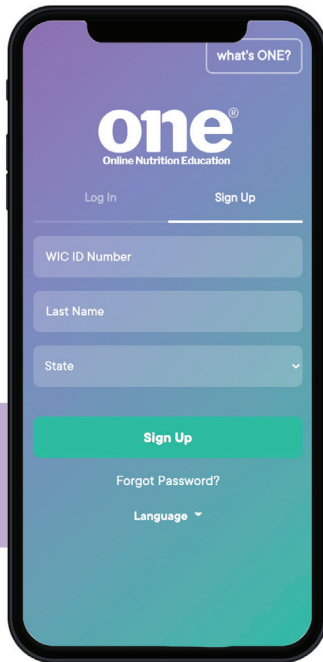
You can open ONE
anytime, anywhere
to use the helpful tips
and easy ideas from WIC!

let's get started!

Step 1: Go to www.nutrition-one.com to sign up for your ONE account. Use your WIC ID number:

_____ ,
last name and state.
Tap Sign Up.

ONE keeps your information safe and secure.

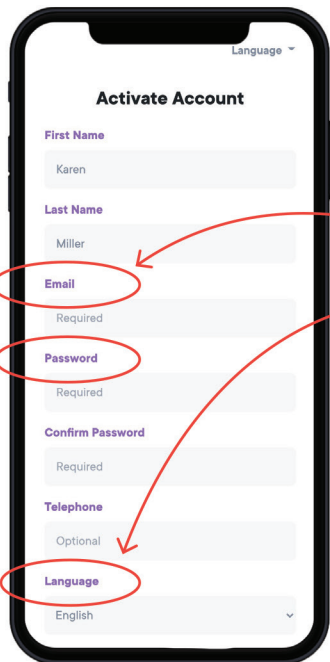


Step 2: Make sure your **first and last name** are correct. Enter an **email address** and create a **password**.

Pick a **language** you prefer.

If you choose to add your child's first name and age, ONE will share tips and ideas as your child grows!

Step 3: Tap the **Activate** button.

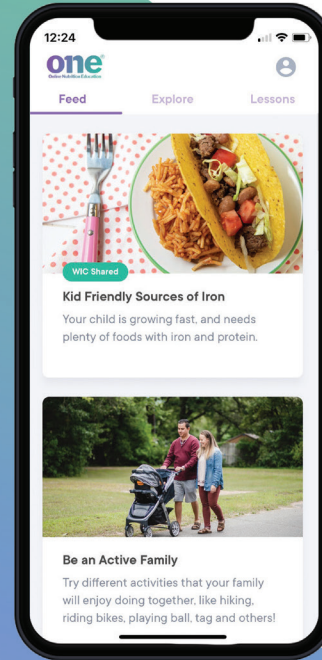


You will use your email address and password to log in.

Feed

When you open ONE, you will see a **Feed**. Click on a post to open the article or recipe.

The topics that WIC shared especially for you will be at the top of your Feed.

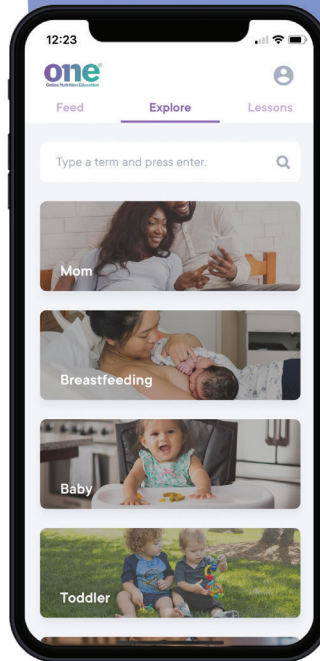


Explore

Tap on **Explore** to check out all of the articles and recipes ONE has for you.

Articles: ONE's short, practical tips will help you and your family start healthy habits, eat well and get new meal and snack ideas. ONE has reliable information you can trust.

Recipes: Search through ONE's family-friendly recipes. You can even search for recipes that use your WIC foods!

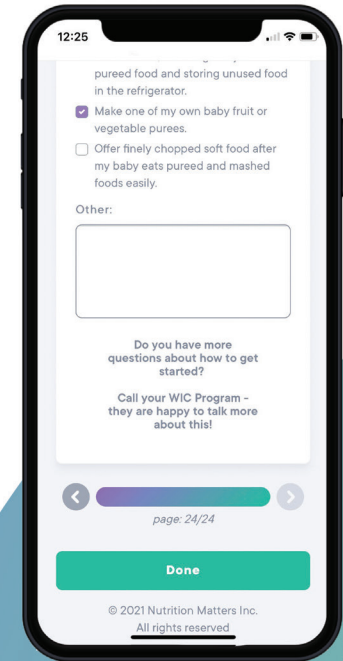
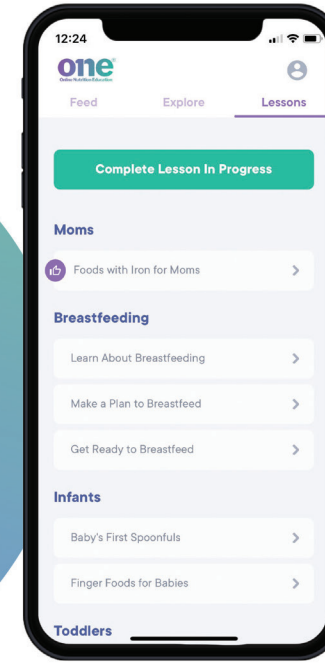


Lessons

Use ONE to complete online **Lessons** for WIC, or to learn useful tips on common parenting questions.

Some of the topics ONE has for you:

- breastfeeding,
- how to start feeding foods to your baby,
- weaning from bottles,
- healthy snacks for kids,
- veggies for kids,
- meal planning
- **and more!**

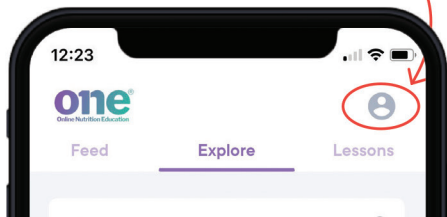


When you complete an online lesson, **ONE** will let your WIC program know for you.

edit your profile

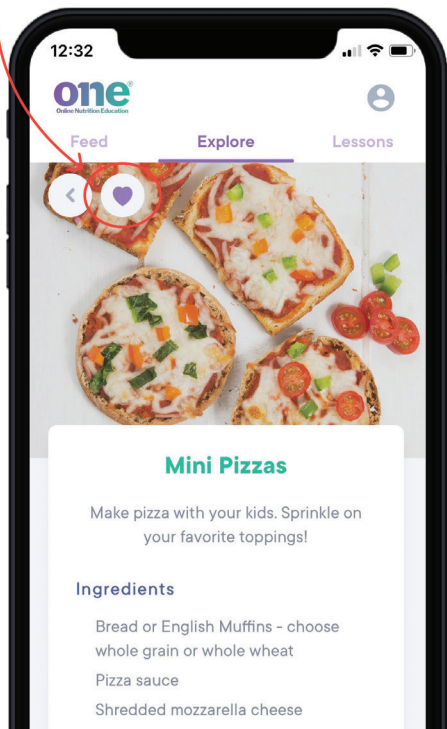
Personalize

Tap on the **profile icon** to pick a language, edit your contact information, update your family members, or change your password. Your list of favorites and lessons completed are on your profile page.



Favorites

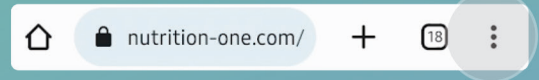
Create your list of favorite articles and recipes by tapping on the **heart** at the top corner.



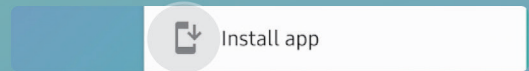
Save a *shortcut* to your phone's home screen!

Android: (using Chrome)

1. Select the menu button



2. Click "Install App"

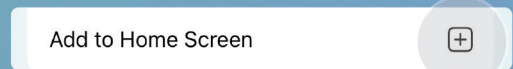


iPhone: (using Safari)

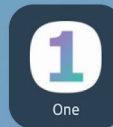
1. Press the share button



2. Select "Add to Home Screen"



3. Press the "Add" button



Once you start your ONE account, you will be able to open ONE with a tap of a button.



Scan for a how-to video and more instructions



Questions?
email us at
help@nutrition-one.com